

Recycle
After
Sept.



Herndon

Programs & Events Guide

SUMMER 10



Four-Time
Gold Medal Winner



• Summer Camps • Herndon Festival • 4th of July

Herndon Community Center • 814 Ferndale Avenue • Herndon, VA 20170
703-787-7300 • www.herndon-va.gov

Welcome!

Our promise is to help you and your family members improve your quality of life through outstanding parks and recreation programs! Read on and benefit from our award winning parks, activities and events. Try a class, workout at the Herndon Community Center, or join your friends at a community-wide special event. We open early and stay late - so start now to improve your health and happiness.

Herndon Community Center Hours

Summer Hours: June 28-August 29

Monday-Friday6am-9:30pm*

Saturday 8am-6pm

Sunday..... 11am-6pm

*No admittance after 9:30pm.

Building closes at 10pm.

Regular Hours (through June 27)

Monday-Friday.....6am-9:30pm

Saturday & Sunday..... 7am-6pm

Holiday Hours

Memorial Day,

May 31..... 8am-8pm

Independence Day,

July 4 11am-6pm

Labor Day, September 6.... Closed

Parks & Recreation Office Hours

M-F 8:30am-5:30pm

Office Closed – May 31, July 5, September 6

The Community Center and aquatics facility will be closed August 29-September 6 for annual cleaning and maintenance.

The center will re-open on Tuesday, September 7.

Phone

Pool, Racquetball, & Rentals

703-787-7300 or 703-435-6868

Hearing Impaired Relay

1-800-828-1120 -TDD

Fax

703-318-8652

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Gift Certificates

A gift certificate to the Herndon Community Center is a welcome gift for all ages and can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone **(703-787-7300)** with a credit card.

Registration Dates

Town of Herndon Residents: Wednesday, May 5

Non-Residents: Tuesday, May 11

Registration opens at 10am. Starting on these dates, you will be able to register online, or in person for the Summer 2010 programs. See page 30 for more information.



SUMMER 2010 OPEN GYM SCHEDULE

Monday	11:30am-2:30pm	1/2 Adult Basketball
	9-10pm	Adult Basketball
Tuesday	11:30am-2:30pm	1/2 Adult Basketball
	8:30-10pm	Badminton
Wednesday	11:30am-2:30pm	1/2 Adult Basketball
	8:30-10pm	Adult Volleyball
Thursday	11:30am-2:30pm	1/2 Adult Basketball
	8:30-10pm	Badminton
Friday	11:30am-1:30pm	1/2 Adult Basketball
	6-10pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	8:30-11:30am	Badminton
	2-5pm	1/2 Youth Basketball
	12:30-5pm	1/2 Adult Basketball
Sunday	11:30am-1:30pm	1/2 Youth Basketball
	2-6pm	Adult Volleyball

Come out and play!

If inclement weather occurs M-F between 11:30am-2:30pm, open gym will be cancelled.

Youth = 17 years & under. Subject to change. Check monthly schedule.

Racquetball, Badminton & Wallyball

Prime time hours

Monday - Friday 4-10pm, plus all day

Saturday, Sunday & Holidays

Racquetball and Badminton

Prime Time

\$4.50 per hour + admission fee per player

Non-Prime Time

\$2.50 per hour + admission fee per player

Wallyball

Prime Time

\$4 per court + admission fee per player

Non-Prime Time

\$2 per court + admission fee per player

Badminton and Wallyball court rentals are for two hours.



A Nationally Accredited Agency Since 2006

"Herndon is Meeting and Exceeding National Standards in P & R Administration"



Kid Care

Take advantage of the drop-off babysitting service, run by our friendly staff.



Monday-Friday 9am-12pm

- \$5 for 2 hours visit
- \$75 unlimited summer pass

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning hours make an easy fit with your schedule, and the unlimited pass simplifies the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in a HCC program or using the facility.

Admissions and Passes

Daily	TOH/NR
Adults	\$5/\$6.25
Seniors	\$3.75/\$5.25
Youth	\$4.50/\$4.50
25-Admission Pass	TOH/NR
Adults	\$87.50/\$140
Seniors	\$65.75/\$105
Youth	\$78.75/\$78.75
Monthly 30-Day Pass	TOH/NR
Adult	\$43/\$61
2 Person Adult Married	\$67/\$95
Single Senior	\$30/\$56
Single Youth	\$30/\$30
Senior 2-Person Married	\$47/\$88
Dependent Youth (with paid adult pass)	\$11/\$15
6-Month Pass ¹	TOH/NR
Adult	\$212/\$303
2-Person Adult Married	\$333/\$476
Single Senior/Youth	\$197/\$281
Senior 2-Person Married	\$309/\$442
Dependent Youth (with paid adult pass)	\$53/\$75
Annual Pass ²	TOH/NR
Adult	\$381/\$545
2 Person Adult Married	\$599/\$856
Single Senior	\$267/\$506
Senior 2-Person Married	\$419/\$795
Youth Single	\$267/\$267
Dependent Youth (with paid adult pass)	\$95/\$136

*TOH-Resident Rate Requires ID with address with every transaction

Full Use

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on page 12).

¹Annual and 6-Month Pass Holders are entitled to one session with a fitness trainer. See Fitness Staff for details.

²Annual Pass Holders receive a 10% discount on all classes (except those classes meeting one time).

All admissions and passes are nonrefundable.

NOTE: Youth are those age 17 and under. Seniors are those age 64 by December 31, 2009. **Pool use:** Children ages 8 & under must be accompanied by an adult. Children ages 5 & under must be with a parent in the water. Children *under age 2* are admitted free with paying adult. **Fitness room use:** Children ages 12-16 must have a Youth Fitness Pass. Ages 12-14 must be accompanied by an adult. **Gymnasium use:** Youth must be age 12 or older. During weekend Youth Open Gym children ages 8 to 11 may use the gym when accompanied by a paid adult. **Locker room use:** Children 5 and under are permitted in dressing rooms of the opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office.

The Herndon Parks and Recreation Department reserves the right to correct any misprinted items in this publication. Any corrections will be available at the Herndon Community Center front desk.

703-787-7300

Summer 2010

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Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

A special thanks to Bronze Sponsors:



The department sponsorship is a new effort by the parks and recreation department. If you would like to learn the benefits of being a department sponsor please contact Abby Kimble at 703-435-6800 x2104.

Camps Galore in Herndon!

Summer Fun

Ages 6-11, Rising Grades 1-6

It's time for summer time fun! For less than \$70 a week our experienced camp staff are ready to take your kids on a great adventure featuring exciting field trips, theme week crafts, thrilling games, sports and much more! Activities planned around themes each week and a field trip is offered weekly at an additional cost. Camp is held **OUTDOORS** at Bready Park. Campers can swim twice weekly in the HCC indoor pool. Each day bring a lunch, a snack (no peanut products please), wear play clothes, tennis or closed toe shoes. Personal items and care are the responsibility of the participant.

The following forms must be on file prior to participation in the camp: Camper Registration Information and Authorization for Pick-up. Parent/guardians can pick-up forms at the Herndon Community Center or on www.herndon-va.gov and click on "Parks and Recreation". After you register, you will receive the parent handbook.

To meet your summer child care needs, camp hours are 7:30am-6pm. We strongly encourage all children to arrive by 9am.

Session I

June 28-July 23 (No camp July 5)

19, 10.5 hour sessions TOH \$258/NR \$323

1520.101 M-F 7:30am-6pm

Session II

July 26-August 13

15, 10.5 hour sessions TOH \$203/NR \$254

1520.201 M-F 7:30am-6pm

Summer Express Camp

Ages 6-11, Rising Grades 1-6

You must be registered for Summer Fun to attend Summer Express.

August 16-20

5, 10.5 hour sessions TOH \$87/NR \$109

(Includes Field Trip Fee)

1520.301 M-F 7:30am-6pm

Teen Discovery Ages 12-15

Each day of Teen Discovery promises new adventures through field trips, games, and activities. Bring a sack lunch, bathing suit, and towel daily. Cost includes supervision, van transportation, and admissions. Starting and ending times will vary depending on the trip location. Destinations change each session (see below). Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, and teens are frequently permitted to do activities in small groups on their own, checking in at designated times and locations.

Session I: Kings Dominion, Ropes Course, Laser Tag

June 28-July 9 (No Camp July 5)

9, 7 hour sessions TOH \$225/NR \$281

1539.101 M-F 10am-5pm

Session II: Paintball, Beach, Water Park

July 12-23

10, 7 hour sessions TOH \$250/NR \$313

1539.102 M-F 10am-5pm

Session III: Kings Dominion, Rafting, Pottery

July 26-August 6

10, 7 hour sessions TOH \$250/NR \$313

1539.103 M-F 10am-5pm

Session IV: Horseback Riding, Zoo, Tubing

August 9-20

10, 7 hour sessions TOH \$250/NR \$313

1539.104 M-F 10am-5pm

Early Bird Hours

Need to get here earlier? Teen Club is open with supervision for registered campers only.

9, 1.5 hour sessions TOH \$24/NR \$30

June 28-July 9 (No Camp July 5)

1539.105 M-F 8:30-10am

10, 1.5 hour sessions TOH \$28/NR \$35

July 12-23

1539.106 M-F 8:30-10am

July 26-August 6

1539.107 M-F 8:30-10am

August 9-20

1539.108 M-F 8:30-10am

Parent Meetings for Summer Camps

Wednesday, June 23 at the Herndon Community Center

Summer Fun: 6:30pm

Teen Discovery: 7pm

Preschool Play Camp

Ages 3-5

Fun session themed activities include arts and crafts, music, drama, games and nature. Great staff and a low staff/participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt, and weekly swim-n-splash day for the afternoon session. Children **must be potty-trained**. You will be assigned a snack day for each session enrolled to provide snack for all the children (no peanut products please).

Preschool Play Camp is licensed through the State of Virginia Social Services Department and they require we see your child's original or a certified copy of the birth certificate or passport. We must have the following forms on file for your child prior to the start of camp: Camper Registration, Physical & Immunization Records, Authorization for Pick-up, and Camper Information. Parents/guardians are encouraged to pick up the forms at the HCC, or at www.herndon-va.gov and click on "Parks and Recreation" or forms will be mailed to you after registration is processed.

Session Themes:

June 28-July 9 The Great Outdoors

July 12-23 Safari Adventures

July 26-August 6 Story Book

August 9-13 Around the World

Ages 3-4 (Children must be 3 by May 1, 2010)

June 28-July 9 (No camp July 5)

9, 2.5 hour sessions TOH \$73/NR \$91

1510.101 M-F 9:30am-12pm

July 12-23

10, 2.5 hour sessions TOH \$80/NR \$100

1510.102 M-F 9:30am-12pm

July 26-August 6

10, 2.5 hour sessions TOH \$80/NR \$100

1510.103 M-F 9:30am-12pm

August 9-13

5, 2.5 hour sessions TOH \$40/NR \$50

1510.104 M-F 9:30am-12pm

Ages 4-5 (Children must be 4 by May 1, 2010)

June 28-July 9 (No camp July 5)

9, 2.5 hour sessions TOH \$73/NR \$91

1510.201 M-F 1-3:30pm

July 12-23

10, 2.5 hour sessions TOH \$80/NR \$100

1510.202 M-F 1-3:30pm

July 26-August 6

10, 2.5 hour sessions TOH \$80/NR \$100

1510.203 M-F 1-3:30pm

August 9-13

5, 2.5 hour sessions TOH \$40/NR \$50

1510.204 M-F 1-3:30pm

www.herndon-va.gov





Basketball

Shooting Star Basketball Camp

Coed Ages 5-8

Your little star can shoot some points at our beginner level outdoor camp designed to promote the proper fundamentals, attitude and sportsmanship for young players. Instructors will teach the fundamentals of dribbling, shooting, defense and team play to get your young player started in the right direction. All participants receive a T-shirt. Each day bring a water bottle, snack (no peanut products) and a basketball (with child's name on it). Camp is held behind the Herndon Community Center at the outdoor basketball courts.

Ages 7-8

5, 3 hour sessions TOH \$68/NR \$85

June 28-July 2

1723.200 M-F 9am-12pm

Ages 5-6

5, 2 hour sessions TOH \$55/NR \$69

August 9-13

1723.201 M-F 9-11am

Girls Basketball Camp

Ages 8-12

Girls can develop and enhance skills while learning from Herndon High School's Girls Basketball coach, Erin Gaston. Beginner and experienced basketball players welcome. Camp is structured with drills, contests and games. Each day bring water bottle, lunch and snack (no peanut products). Wear shorts and proper footwear. Camp is held at Herndon United Methodist Church Gymnasium, 701 Bennett Street.

5, 7 hour sessions TOH \$125/NR \$156

July 19-23

1723.202 M-F 9am-4pm

Summer Fun, Teen Discovery, and Preschool registrations should be done using the regular registration form on page 31. Additional forms will be available online and at the parent meetings.

Soccer

Intermediate Soccer Camp

Ages 9-12

Want to introduce your child to the game of soccer? Players will learn basic soccer skills including dribbling, passing, trapping, and shooting. Soccer rules, as well as concepts of sportsmanship and teamwork, through fun games and small group instruction will be covered. Each day bring a water bottle, a snack (no peanut products), and a soccer ball-preferably size 3 (with child's name on it). Meet at Bready Park soccer field next to HCC.

5, 2 hour sessions TOH \$55/NR \$69

August 2-6

1724.101 M-F 9-11am

MSA Soccer Camp

Ages 9-12

Midwest Soccer Academy coaches work with children from 4-18 years old and are hired from all over Europe, because of their coaching expertise, personality and the energy they bring to camp.

MSA's age appropriate, innovative curriculum focuses on the technical aspects of the sport at younger ages (through fun games), while at the same time challenging each child every single day. As the players get older, the curriculum introduces more tactical aspects of the game. Players are encouraged to be creative and play free-flowing attacking soccer. Bring a water bottle and snack (no peanut products) each day. Participants must wear shin guards. Meet at Bready Park soccer field next to HCC.

5, 6 hour sessions TOH \$143/NR \$179

June 28-July 2

1724.103 M-F 9am-3pm

5, 3 hour sessions TOH \$116/NR \$145

July 12-16

1724.104 M-F 5-8pm

Multi-Sports

Sports Sampler

Ages 3-6

Enhance your child's running, throwing and catching skills through a sampling of sports. We will play soccer, t-ball/baseball, kickball, golf, tennis, and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Each day bring a water bottle and snack (no peanut products). Meet at Bready Park soccer field next to HCC. No camp July 5.

Ages 3-4

4, 1 hour sessions TOH \$34/NR \$43

July 6-9

1799.100 T-F 9-10am

5, 1 hour sessions

TOH \$42/NR \$53

August 16-20

1799.101 M-F 9-10am

Ages 5-6

4, 2 hour sessions TOH \$44/NR \$55

July 6-9

1799.102 T-F 10:15am-12:15pm

5, 2 hour sessions

TOH \$55/NR \$69

August 16-20

1799.103 M-F 10:15am-12:15pm

Multi-Sports

Ages 7-10

Can't pick one sport to play? Well sample a bunch! Sports include but are not limited to: soccer, basketball, golf, tennis, baseball/softball and parachute games. Each day bring a water bottle, lunch and snack (no peanut products). Meet at Bready Park soccer field next to HCC.

5, 3 hour sessions TOH \$68/NR \$85

July 12-16

1799.104 M-F 9am-12pm



Summer Camp Inclement Weather Information

For camps, outdoor sports and classes that are held outdoors, a decision will be made one hour prior to the start of the camp. If a camp is canceled after the camp has begun, parents/guardians will be notified immediately. Please call the inclement weather line at **703-435-6866** for updated information.

**No camp
July 5**



No camp
July 3-5



Tennis

Pee Wee Tennis Camp

Ages 4-7

An introduction to tennis using the same format as our year-round Pee Wee Tennis program. Instructors will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques. Participants are required to bring their own mini-racquets. Other equipment will be provided. Held outdoors at the Bready Park Tennis Complex at the HCC. Friday is reserved as a make-up date. Instructor to student ratio is six to one.

Ages 4-5

3, 30 minute sessions TOH \$23/NR \$29

July 6-8

1721.201 T-Th 9:45-10:15am

4, 30 minute sessions TOH \$30/NR \$38

June 28-July 1

1721.202 M-Th 9:45-10:15am

July 12-15

1721.203 M-Th 9:45-10:15am

July 19-22

1721.204 M-Th 9:45-10:15am

July 26-29

1721.205 M-Th 9:45-10:15am

August 2-5

1721.206 M-Th 9:45-10:15am

August 9-12

1721.207 M-Th 9:45-10:15am

Ages 6-7

3, 30 minute sessions TOH \$23/NR \$29

July 6-8

1721.208 T-Th 10:15-10:45am

4, 30 minute sessions TOH \$30/NR \$38

June 28-July 1

1721.209 M-Th 10:15-10:45am

July 12-15

1721.210 M-Th 10:15-10:45am

July 19-22

1721.211 M-Th 10:15-10:45am

July 26-29

1721.212 M-Th 10:15-10:45am

August 2-5

1721.213 M-Th 10:15-10:45am

August 9-12

1721.214 M-Th 10:15-10:45am



See Tennis lessons
on page 24

Tennis Camp Ages 8-15

Designed for all levels and taught by our highly trained instructors at the Bready Park Tennis Complex. Grouped by ability, each camp features comprehensive on and off court instruction, skill learning, games, and practice matches. Student/instructor ratio of no more than eight to one. MUST provide own racquet, one can of new tennis balls, water bottle and a daily snack (no peanut products). T-shirt included. Friday is reserved as a make-up date.

7, 2 hour sessions

TOH \$68/NR \$85

June 28-July 8 (No camp July 5)

1721.101 M-Th 8-10am

1721.102 M-Th 10:15am-12:15pm

8, 2 hour sessions

TOH \$78/NR \$98

July 12-22

1721.103 M-Th 8-10am

1721.104 M-Th 10:15am-12:15pm

July 26-August 5

1721.105 M-Th 8-10am

1721.106 M-Th 10:15am-12:15pm

August 9-19

1721.107 M-Th 8-10am

1721.108 M-Th 10:15am-12:15pm



Munchkateers Camp

An innovative program for children combining fitness, elementary gymnastics, rhythms, and games that develop a child's large motor coordination skills, strength, flexibility, and imagination. Participants should be ready for group instruction. No camp July 5.

Munchkateers I Ages 3-4

4, 45 minute sessions TOH \$30/NR \$38

July 6-9

1712.101 M-F 9-9:45am

5, 45 minute sessions TOH \$38/NR \$48

July 19-23

1712.102 M-F 9-9:45am

August 2-6

1712.103 M-F 9-9:45am

August 16-20

1712.104 M-F 9-9:45am

Munchkateers II Ages 4-5

5, 45 minute sessions TOH \$38/NR \$48

June 28-July 2

1712.105 M-F 9-9:45am

July 12-16

1712.106 M-F 9-9:45am

July 26-30

1712.107 M-F 9-9:45am

August 9-13

1712.108 M-F 9-9:45am

Acro/Dance Camp Ages 6-12

(Combination Gymnastics and Dance Camp)

Learn the techniques of jazz, hip hop and tumbling choreographed together to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts and games. Qualified staff and small instructor-participant ratio provide individualized and quality instruction. Each day bring a bathing suit, towel, lunch, snack and an old large t-shirt for crafts.

5, 6 hour sessions

TOH \$115/NR \$144

August 23-August 27

1722.180 M-F 9am-3pm

Gymnastics Camps

Ages 6-13

Summer gymnastics camps are perfect if you missed the chance to take gymnastics during the school year, or if you want to improve your skills during the hot summer months. Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. Family members and friends are invited to a demonstration of new and/or improved skills on the last day of camp. T-shirt included. Each day bring a snack (no peanut products).

Girls' Camps All Levels

9, 4 hour sessions TOH \$168/NR \$210

June 28-July 9 (No program July 5)

1722.101 M-F 10am-2pm

10, 4 hour sessions TOH \$187/NR \$234

July 12-23

1722.102 M-F 10am-2pm

July 26-August 6

1722.103 M-F 10am-2pm

August 9-20

1722.104 M-F 10am-2pm

Boys' Camps All Levels

9, 4 hour sessions TOH \$168/NR \$210

June 28-July 9 (No program July 5)

1722.105 M-F 10am-2pm

10, 4 hour sessions TOH \$187/NR \$234

July 12-23

1722.106 M-F 10am-2pm

July 26-August 6

1722.107 M-F 10am-2pm

August 9-20

1722.108 M-F 10am-2pm



Dance Camps

Join us for an exciting dance experience this summer. All camps are a multi-art experience with daily craft projects, stories, and videos based around each theme. Each day bring a snack and drink and wear tights, leotard, and bring proper dance shoes. Costumed performances will be held for parents on the last day of each camp.

"Under The Sea" Baby Ballerinas Ages 3-4

Does your little ballerina love to twirl and tumble? This camp will help children learn basic pre-ballet technique and tumbling through the "Under the Sea" fairy tale story. *Ballet slippers needed.*



9, 2 hour sessions **TOH \$119/NR \$149**
July 6-July 16
 1421.001 T-F & M-F 9-11am
10, 2 hour sessions **TOH \$132/NR \$165**
August 2-August 13
 1421.002 M-F 9-11am

"Cinderella" Dance Camp Ages 4-6

Your little princess can learn the basic techniques of ballet, tap, and tumbling through this classic fairytale. *Ballet slippers and tap shoes needed.*

10, 3 hour sessions **TOH \$198/NR \$248**
July 19-July 30
 1421.003 M-F 9am-12pm



Safari Jungle Dance Camp Ages 5-8

Learn ballet, tap and jazz dance technique centered around a jungle theme – lions, tigers and bears – oh my! *Ballet slippers and tap shoes needed.*

10, 3 hour sessions **TOH \$198/NR \$248**
August 2-August 13
 1421.004 M-F 11am-2pm

The Dancing Princess

Ages 5-6

Learn the fundamentals of ballet, tap and tumbling. Based around Odette, the princess of *Swan Lake*; Aurora, from the ballet *Sleeping Beauty*; and Clair, from the *Nutcracker Suite*, in addition to the Disney Princesses. Ballet slippers and tap shoes needed. *One storybook camp experience needed*

9, 3 hour sessions **TOH \$178/NR \$223**
July 6-July 16 (No program July 5)
 1421.005 T-F & M-F 11am-2pm

The Nutcracker Ballet Dance Camp Ages 6-8

This two week ballet camp for the young dancer will provide intensified technique training, and fun projects all while exploring dances from around the world through the beloved ballet *the Nutcracker Suite*. Dances and projects will revolve around the dance of the Sweets, the Arabian Knights, and the dance of the Soldiers. For intermediate ballet level students. *Ballet slippers needed.*

10, 3 hour sessions **TOH \$198/NR \$248**
July 19-July 30
 1421.006 M-F 12-3pm

Imagination Theatre

Ages 9-12

Stretch your child's imagination with this exploration of theatre experiences. Develop confidence through basic acting exercises that will help develop awareness of voice and body as you use tools in character development. The skills your young actor learns will be showcased in a brief performance for parents the last day of class. Please bring a snack/drink (no peanut products). Held at Herndon United Methodist Church, 701 Bennett Street.

9, 3 hour sessions **TOH \$178/NR \$223**
June 28-July 9 (No program July 5)
 1421.031 M-F 9am-12pm

Theater Project Ages 12-15

Young actors that want to improve their skills with acting exercises including improvisation and scene work will not want to miss this camp. Students will perform the last day of camp. Please bring a snack/drink (no peanut products). Held at Herndon United Methodist Church, 701 Bennett Street.

15, 3 hour sessions **TOH \$198/NR \$248**
August 9-27
 1421.032 M-F 9am-12pm

Guitar Bootcamp Ages 8-12

Build upon your guitar knowledge with this beginning level supplemental guitar camp. Beginning techniques, music games and basic music reading will be covered. Prerequisite is one session of beginning guitar class or current enrollment in a guitar class or private lessons with the department. Please bring a snack/drink (no peanut products).

4, 2 hour sessions **TOH \$48/NR \$60**
July 6-9
 1421.033 T-F 6-8pm

Skateboard Camp Co-ed Ages 6-12

Radical Dude! Extreme Fun. Packed with safe, fun and thrilling activities for skateboarders. Held outdoors in a "skate park on wheels," a mobile skate park with equipment designed for beginner to intermediate riders. The skate park has quarter-pipes, grind box, fun box, launch ramps, wedge ramps, grind rails and more. Skaters will be grouped by age and ability. Under the supervision of American Inline instructors and coaches, all skateboarders will receive instruction to safely ride, tack turn, ollie, grind, stall, drop in, and get air, all in a safe, positive environment. Each day includes instruction, skating games and jam time. Participants receive camp T-shirt and stickers. Helmet, knee and elbow pads, water, and snack required. Wrist guards recommended. Staff to participant ratio: 1:8. Meet at Bready Park Basketball Court.

5, 3.5 hour sessions **TOH \$125/NR \$156**
August 2-6
 1721.700 M-F 9am-12:30pm



No camp
July 5



Parks in Herndon

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue adjacent to the Herndon Community Center. Facilities at the park include picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct-May, soccer field, and play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, picnic shelter and features two tennis courts, softball field, basketball court and open play area. The park is available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a softball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a tot lot, baseball/t-ball field, walking areas and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, playground equipment for ages 5-12 and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features one 60'/70' baseball and one softball field, soccer/multi-use field, basketball & sand volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features children's play area, park benches and open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicap-accessible trail.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. This park is available on a first come, first-served basis.



Trailside Park

Located on Crestview Drive. The park includes a picnic shelter with picnic tables, grills, play apparatus, sand volleyball court, and an open play area. The picnic shelter is available for reservations.

Trailside Park will be home to the town's new skate park. Construction is scheduled to begin this summer. Contact the Parks & Recreation Department for details.

Visit www.herndon-va.gov for a map of parks.



Kids who play outside are more likely to have twice the amount of friends than ones who stay inside – visit one of our 11 parks.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call **703.787.7300** to make your reservation.

Trailside Park Picnic Shelter Rental Fees for parties up to 70

Town of Herndon Resident: Civic Group - \$40 Private - \$50

Non-Resident Civic Group - \$60 Private - \$75; \$20 nonrefundable deposit

Bready Park Picnic Shelter Rental Fees for parties up to 140

Town of Herndon Resident: Civic Group - \$75 Private - \$100

Non-Resident Civic Group - \$120 Private - \$150; \$35 nonrefundable deposit

Runnymede Picnic Shelter Rental Fees for parties up to 50

Town of Herndon Resident: Civic Group - \$40 Private - \$50

Non-Resident: Civic Group - \$60 Private - \$75; \$20 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.
- The cost of electricity is an additional \$10 per rental (Runnymede does not have electricity).
- There is no refund for inclement weather. However, an effort will be made to reschedule the event provided a date is available.

Nature Camps

Nature Discovery Camp

Children will be offered an excellent opportunity to explore Runnymede Park's ecology, wildlife, geology, archaeology, history, and culture. We will investigate the rain garden, meadow, Sugarland Run Stream, trails, native plant garden and the pond, as we learn about protecting our natural environment and teach stewardship. Includes T-shirt and lots of take home nature materials. Bring water, snack and/or lunch (no peanut products) and apply sunscreen and bug repellent prior to camp. Camp meets at Runnymede Park.



Evening Nature Discovery Camp Ages 5-9

During the cooler summer evening hours, nature enthusiasts can enjoy a program similar to the daytime Nature Discovery Camp. Parents can discover and walk the trails of Runnymede Park while children participate in fun outdoor activities. Bring water, snack (no peanut products) and apply bug repellent before coming. Meet at Runnymede Park. No field trip offered.

Ages 4-6	
5, 2 hour sessions	TOH \$55/NR \$69
June 28-July 2	
1364.904 M-F	9-11am
Ages 6-8	
4, 2 hour sessions	TOH \$44/NR \$55
July 6-9	
1364.905 T-F	9-11am
5, 2 hour sessions	TOH \$55/NR \$69
August 9-13	
1364.906 M-F	9-11am
Ages 7-9	Includes Field Trip
5, 6 hour sessions	TOH \$120/NR \$150
July 12-July 16	
1364.907 M-F	9am-3pm
July 26-30	
1364.908 M-F	9am-3pm
Ages 10-12	Includes Field Trip
5, 6 hour sessions	TOH \$120/NR \$150
July 19-23	
1364.909 M-F	9am-3pm
August 2-6	
1364.910 M-F	9am-3pm



**No camp
July 5**



Parks are a sanctuary for us in a chaotic world. The experience of nature confers a sense of sanity. It bestows a spiritual calmness that helps people cope.

703-787-7300

Summer 2010



Mission Statement

"Promoting a sense of community and enriching the quality of life."
The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.

Town of Herndon Town Council

Steve J. DeBenedittis, Mayor
 Connie Hutchinson, Vice Mayor
 Richard F. Downer, Councilmember
 Dennis D. Husch, Councilmember
 David A. Kirby, Councilmember
 William B. "Bill" Tirrell, Sr., Councilmember
 Charlie D. Waddell, Councilmember
 Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy Roeder, Director
 Ann Marie Heiser, Deputy Director
 Lori Rowland, Office Assistant
 Wayne Thomas, Office Assistant
 Cynthia Hoftiezer, Projects Coordinator
 Abby Kimble, Marketing Specialist
 Kerstin Severin, Aquatic Services Manager
 Drew Kreutter, Pool Operations Manager
 Bruce Andersen, Swim Team Coach
 Kevin Breza, Aquatics Program Assistant
 Tom Wissinger, Community Center Manager
 Dave Zakrzewski, Community Center Head Supervisor
 Liz Kamp, Fitness Specialist
 Jeff Burden, Personal Trainer
 Bob Hilferty, Indoor Tennis Manager
 Nancy Diecidue, Preschool Director
Recreation Services Supervisors
 Ann Hoy, Special Interest, Arts & Crafts
 Holly Popple, Performing Arts
 Taacha Brown-Drummond, Sports, Fitness
 Mike Hotze, Teens, Trips



The pool is open only to lap swimmers ages 13 & up and scheduled swim lessons every day until noon.

Weekday morning classes are scheduled Monday through Friday for week one and Monday through Thursday for week two. Any classes canceled due to weather, instructor illness, etc., will be made up on Friday of week two.



Avoid the hot sun! Come and play on "Swampson", the floating alligator or the water slide on weekends from 1-4pm!

Diving Guidelines:

25 yard swim required for all levels

Introduction to Diving

Be comfortable in deep water.

Diving 1

Be comfortable in deep water.

Dive head first from the side of the pool.

Diving 2*

Mastered Diving 1 skills.

Forward approach of 3 steps, hurdle and tuck dive.

**Instructor permission recommended*

Diving 3 *

Mastered Diving 2 or compete on a dive team.

Forward optional dives (flips), back and inward dives.

**Instructor permission required*

SWIMMING GUIDELINES

Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

To enroll in Child needs to...

Starfish No experience necessary

but must be able to:

- Separate from parent
- Follow directions in a group setting

Seahorse Successful completion of Starfish or ability to:

- Put face in the water- 5 seconds
- Blow bubbles
- Front glide w/ kick 3 feet
- Float on back with assistance 5 seconds

Otters Successful completion of Seahorse or ability to:

- Float on front and back independently
- Roll over front to back
- Swim with arm stroke and kick on front and back 5 yards

Manatees Successful completion of Otter or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with breathing to side
- Back crawl 10 yards
- Butterfly kick
- Sitting /kneeling dives

Sharks Successful completion of Manatee or the ability to:

- Front crawl 20 yards w/side breathing to side
- Elementary backstroke 15 yards
- Back crawl 20 yards
- Breaststroke 15 yards
- Diving: compact/stride
- Ability to swim across deep end of pool

To enroll in Child needs to...

Level 1 No experience necessary but:

- Must be able to participate in group setting

Level 2 Successful completion of Level 1 or the ability to:

- Face in water and blow bubbles 5 seconds
- Submerge face and pick up item
- Float on the back with assistance
- Kick on front with face in using water barbells

Level 3 Successful completion of Level 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Combined stroke front and back 5 yards

Level 4 Successful completion of Level 3 or the ability to:

- Elementary Backstroke 15 yards
- Front crawl and back crawl 15 yards
- Jump into deep water and swim 15 yards
- Kneeling dive

Level 5 Successful completion of Level 4 or the ability to:

- Tread water 2 minutes
- Crawl stroke 25 yards with side breathing
- Back crawl 25 yards
- Breaststroke 15 yards
- Butterfly 15 yards
- Elementary backstroke 15 yards
- Sidestroke 15 yards
- Stride dive and flip turn

Level 6 Successful completion of Level 5 or the ability to:

- Front and back crawl 50 yards
- Back float 2 minutes
- Tread water 2 minutes
- Breaststroke 25 yards
- Sidestroke 25 yards
- Elementary backstroke 25 yards



Aquatics Makeup Policy

Classes cancelled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless children practice skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher-level course unless he/she has been practicing the required skills on a regular basis or has been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!

Aquatots Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

9, 25 minutes sessions TOH \$62/NR \$81

June 28-July 9

1011.101 M-F & T-F 11-11:25am

July 12-22

1011.102 M-F & M-Th 11-11:25am

July 26-August 5

1011.103 M-F & M-Th 11-11:25am

August 9-19

1011.104 M-F & M-Th 11-11:25am

8, 25 minute sessions TOH \$55/NR \$72

June 26-August 21

1011.605 Sa 9-9:25am



Guppies Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1012.101 M-F & T-F 10:30-10:55am

July 12-22

1012.102 M-F & M-Th 10:30-10:55am

July 26-August 5

1012.103 M-F & M-Th 10:30-10:55am

August 9-19

1012.104 M-F & M-Th 10:30-10:55am

8, 25 minute sessions TOH \$55/NR \$72

June 26-August 21

1012.605 Sa 10:30-10:55am

1012.606 Sa 10-10:25am

June 27-August 22

1012.706 Su 11-11:25am

Minnows Ages 3-5 years

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from the parent. Skills that are covered include breath control, floating on front and back, and kicking. *Swim with parent*

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1018.101 M-F & T-F 9:30-9:55am

July 12-22

1018.102 M-F & M-Th 9:30-9:55am

July 26-August 5

1018.103 M-F & M-Th 9:30-9:55am

August 9-19

1018.104 M-F & M-Th 9:30-9:55am

8, 25 minute sessions TOH \$55/NR \$72

June 26-August 21

1018.605 Sa 9:30-9:55am

June 27-August 22

1018.706 Su 11:30-11:55am



Starfish Ages 3-6 years

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent*

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1013.101 M-F & T-F 9-9:25am

1013.102 M-F & T-F 9:30-9:55am

1013.115 M-F & T-F 10-10:25am

1013.103 M-F & T-F 11-11:25am

July 12-22

1013.104 M-F & M-Th 9-9:25am

1013.105 M-F & M-Th 9:30-9:55am

1013.116 M-F & M-Th 10-10:25am

1013.106 M-F & M-Th 11-11:25am

July 26-August 5

1013.107 M-F & M-Th 9-9:25am

1013.108 M-F & M-Th 9:30-9:55am

1013.117 M-F & M-Th 10-10:25am

1013.109 M-F & M-Th 11-11:25am

August 9-19

1013.110 M-F & M-Th 9-9:25am

1013.111 M-F & M-Th 9:30-9:55am

1013.112 M-F & M-Th 11-11:25am

8, 25 minute sessions TOH \$55/NR \$72

June 28-July 26

1013.113 M/W 5-5:25pm

July 28-August 23

1013.114 M/W 5-5:25pm

June 29-July 22

1013.215 T/Th 2-2:25pm

1013.216 T/Th 6:30-6:55pm

July 27-August 19

1013.217 T/Th 2-2:25pm

1013.218 T/Th 6:30-6:55pm

June 26-August 21

1013.619 Sa 9-9:25am

June 27-August 22

1013.720 Su 11-11:25am

1013.721 Su 12-12:25pm

No swim classes
July 3-5



Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Featuring:

Party Room, Unlimited Swimming, Cakes (ice cream or standard), Drinks, Pizza (optional)

Much more!

Please call for **703-787-7300** for information on our specialty party packages!



Seahorse Ages 3-6

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

Previous water experience required

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1014.101	M-F & T-F	9-9:25am
1014.102	M-F & T-F	10:30-10:55am
1014.103	M-F & T-F	11:30-11:55am

July 12-July 22

1014.104	M-F & M-Th	9-9:25am
1014.105	M-F & M-Th	10:30-10:55am
1014.106	M-F & M-Th	11:30-11:55am

July 26-August 5

1014.107	M-F & M-Th	9-9:25am
1014.108	M-F & M-Th	10:30-10:55am
1014.109	M-F & M-Th	11:30-11:55am

August 9-19

1014.110	M-F & M-Th	9-9:25am
1014.111	M-F & M-Th	10:30-10:55am
1014.112	M-F & M-Th	11:30-11:55am

8, 25 minute sessions TOH \$55/NR \$72

June 28-July 26

1014.113	M/W	6:30-6:55pm
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July 28-August 23

1014.114	M/W	6:30-6:55pm
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June 29-July 22

1014.215	T/Th	2:30-2:55pm
1014.216	T/Th	6-6:25pm

July 27-August 19

1014.217	T/Th	2:30-2:55pm
1014.218	T/Th	6-6:25pm

June 26-August 21

1014.619	Sa	9:30-9:55am
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June 27-August 22

1014.720	Su	11:30-11:55am
1014.721	Su	12:30-12:55pm

Otters Ages 4-6

Our "Otter" students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. Swimming in deep water and basic water safety rules are covered.

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1015.101	M-F & T-F	10-10:25am
1015.107	M-F & T-F	11:30-11:55am

July 12-22

1015.102	M-F & M-Th	10-10:25am
1015.108	M-F & M-Th	11:30-11:55am

July 26-August 5

1015.103	M-F & M-Th	10-10:25am
1015.109	M-F & M-Th	11:30-11:55am

August 9-19

1015.104	M-F & M-Th	10-10:25am
1015.110	M-F & M-Th	11:30-11:55am

8, 25 minute sessions TOH \$55/NR \$72

June 28-July 26

1015.105	M/W	6-6:25pm
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July 28-August 23

1015.106	M/W	6-6:25pm
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June 29-July 22

1015.207	T/Th	3-3:25pm
1015.208	T/Th	5:30-5:55pm

July 27-August 19

1015.209	T/Th	3-3:25pm
1015.210	T/Th	5:30-5:55pm

June 26-August 21

1015.611	Sa	10-10:25am
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June 27-August 22

1015.712	Su	12:30-12:55pm
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Manatees Ages 4-6

To enroll in this class, students should be able to swim a distance of 10 yards of front crawl with breathing to side and 10 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction. *An advanced course for the preschool swimmer*

9, 25 minute sessions TOH \$62/NR \$81

June 28-July 9

1016.101	M-F & T-F	11:30-11:55am
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July 12-22

1016.102	M-F & M-Th	11:30-11:55am
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July 26-August 5

1016.103	M-F & M-Th	11:30-11:55am
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August 9-19

1016.104	M-F & M-Th	11:30-11:55am
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8, 25 minute sessions TOH \$55/NR \$72

June 28-July 26

1016.105	M/W	5:30-5:55pm
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July 28-August 23

1016.106	M/W	5:30-5:55pm
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June 29-July 22

1016.207	T/Th	3:30-3:55pm
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1016.208	T/Th	5-5:25pm
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July 27-August 19

1016.209	T/Th	3:30-3:55pm
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1016.210	T/Th	5-5:25pm
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June 26-August 21

1016.611	Sa	10:30-10:55am
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Sharks Ages 4-6

To enroll in this class, students should be able to swim a distance of 20 yards of front crawl taking at least two breaths with breathing to side and 20 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction. *This is the most advanced preschool class offered. Must have had formal swim instruction!*

9, 25 minutes sessions TOH \$62/NR \$81

June 28-July 9

1017.101	M-F & T-F	10:30-10:55am
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July 12-22

1017.102	M-F & M-Th	10:30-10:55am
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July 26-August 5

1017.103	M-F & M-Th	10:30-10:55am
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August 9-19

1017.104	M-F & M-Th	10:30-10:55am
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Youth Aquatics

Level 1 Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

9, 30 minute sessions TOH \$62/NR \$81

June 28-July 9

1021.101	M-F & T-F	9:30-10am
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1021.102	M-F & T-F	11-11:30am
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July 12-22

1021.103	M-F & M-Th	9:30-10am
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1021.104	M-F & M-Th	11-11:30am
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July 26-August 5

1021.105	M-F & M-Th	9:30-10am
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1021.106	M-F & M-Th	11-11:30am
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August 9-19

1021.107	M-F & M-Th	9:30-10am
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1021.108	M-F & M-Th	11-11:30am
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8, 30 minute sessions TOH \$55/NR \$72

June 28-July 26

1021.109	M/W	6:30-7pm
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July 28-August 23

1021.110	M/W	6:30-7pm
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June 29-July 22

1021.211	T/Th	3:30-4pm
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1021.212	T/Th	5-5:30pm
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July 27-August 19

1021.213	T/Th	3:30-4pm
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1021.214	T/Th	5-5:30pm
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June 26-August 21

1021.615	Sa	10:30-11am
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Level 2 Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

9, 30 minute sessions TOH \$62/NR \$81

June 28-July 9

1022.101	M-F & T-F	9:30-10am
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1022.112	M-F & T-F	11:30am-12pm
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July 12-22

1022.102	M-F & M-Th	9:30-10am
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1022.113	M-F & M-Th	11:30am-12pm
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July 26-August 5

1022.103	M-F & M-Th	9:30-10am
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1022.114	M-F & M-Th	11:30am-12pm
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August 9-19

1022.104	M-F & M-Th	9:30-10am
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1022.115	M-F & M-Th	11:30am-12pm
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8, 30 minute sessions TOH \$55/NR \$72

June 28-July 26

1022.105	M/W	6-6:30pm
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July 28-August 23

1022.106	M/W	6-6:30pm
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June 29-July 22

1022.207	T/Th	3-3:30pm
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1022.208	T/Th	6:30-7pm
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July 27-August 19

1022.209	T/Th	3-3:30pm
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1022.210	T/Th	6:30-7pm
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June 26-August 21

1022.611	Sa	10-10:30am
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Level 3 Ages 6 & up

This Red Cross course continues to build aquatic skills learned in previous classes. Coordination of both front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

9, 30 minute sessions TOH \$62/NR \$81

June 28-July 9

1023.101 M-F & T-F 9-9:30am
1023.102 M-F & T-F 10-10:30am
1023.111 M-F & T-F 11-11:30am

July 12-22

1023.103 M-F & M-Th 9-9:30am
1023.104 M-F & M-Th 10-10:30am
1023.112 M-F & M-Th 11-11:30am

July 26-August 5

1023.105 M-F & M-Th 9-9:30am
1023.106 M-F & M-Th 10-10:30am
1023.113 M-F & M-Th 11-11:30am

August 9-19

1023.107 M-F & M-Th 9-9:30am
1023.108 M-F & M-Th 10-10:30am
1023.114 M-F & M-Th 11-11:30am

8, 30 minute sessions TOH \$55/NR \$72

June 28-July 26

1023.109 M/W 5:30-6pm

July 28-August 23

1023.110 M/W 5:30-6pm

June 29-July 22

1023.211 T/Th 2:30-3pm

1023.212 T/Th 6-6:30pm

July 27-August 19

1023.213 T/Th 2:30-3pm

1023.214 T/Th 6-6:30pm

June 26-August 21

1023.615 Sa 9:30-10am

June 27-August 22

1023.716 Su 12-12:30pm

Level 4 Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

9, 30 minute sessions TOH \$62/NR \$81

June 28-July 9

1024.101 M-F & T-F 10-10:30am
1024.102 M-F & T-F 10:30-11am

July 12-22

1024.103 M-F & M-Th 10-10:30am
1024.104 M-F & M-Th 10:30-11am

July 26-August 5

1024.105 M-F & M-Th 10-10:30am
1024.106 M-F & M-Th 10:30-11am

August 9-19

1024.107 M-F & M-Th 10-10:30am
1024.108 M-F & M-Th 10:30-11am

8, 30 minute sessions TOH \$55/NR \$72

June 28-July 26

1024.109 M/W 5-5:30pm

July 28-August 23

1024.110 M/W 5-5:30pm

June 29-July 22

1024.211 T/Th 2-2:30pm

1024.212 T/Th 5:30-6pm



July 27-August 19

1024.213 T/Th 2-2:30pm

1024.214 T/Th 5:30-6pm

June 26-August 21

1024.615 Sa 9-9:30am

Level 5 Ages 6 & up

Students refine and coordinate the key strokes learned in previous Red Cross courses. Front and back crawl, and elementary back-stroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn how to perform open turns at the wall while swimming laps. Deepwater work includes diving, water entries, and treading.

9, 45 minute sessions TOH \$90/NR \$119

June 28-July 9

1025.101 M-F & T-F 10-10:45am

1025.107 M-F & T-F 11:30am-12:15pm

July 12-22

1025.102 M-F & M-Th 10-10:45am

1025.108 M-F & M-Th 11:30am-12:15pm

July 26-August 5

1025.103 M-F & M-Th 10-10:45am

1025.109 M-F & M-Th 11:30am-12:15pm

August 9-19

1025.104 M-F & M-Th 10-10:45am

1025.110 M-F & M-Th 11:30am-12:15pm

Level 6 Ages 6 & up

This Red Cross course focuses on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for breaststroke and sidestroke are also developed.

9, 45 minute sessions TOH \$90/NR \$119

June 28-July 9

1026.101 M-F & T-F 10:45-11:30am

July 12-22

1026.102 M-F & M-Th 11:30am-12:15pm

July 26-August 5

1026.103 M-F & M-Th 10:45-11:30am

August 9-19

1026.104 M-F & M-Th 10:45-11:30am

Are you currently a lifeguard and need to renew your certifications?

We can arrange recertification classes as needed. For more information, please contact Kerstin Severin at 703-435-6800 x2128.

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team!

Ages 8 & under must swim 25-yd freestyle without stopping
Ages 9-12 must swim 50-yd freestyle without stopping

Ages 8 & Under

8, 45 minute sessions TOH \$70/NR \$92

June 27-August 22

1027.701 Su 1-1:45pm

Ages 9-12

8, 45 minute sessions TOH \$70/NR \$92

June 27-August 22

1027.702 Su 1:45-2:30pm

Introduction to Diving

Ages 5-12

This class teaches head first entries into the water; no previous experience is needed. Students will learn standing shallow and deep dives, racing dives for swim team, and standing dives from the springboard. Students must be able to swim 25 yards and be comfortable in deep water.

Completion of Red Cross Level 3 is strongly recommended

8, 30 minute sessions TOH \$55/NR \$72

June 29-July 22

1035.201 T/Th 5:15-5:45pm

Diving 1 Ages 7 & up

This class introduces students to springboard diving. Students will learn a forward approach and hurdle, a back press, front and back fall off dives and a forward tuck. Students must be able to dive head first from the side of the pool. *Completion of Red Cross Level 4 is strongly recommended*

8, 45 minute sessions TOH \$80/NR \$106

June 29-July 22

1036.201 T/Th 5:45-6:30pm

Adaptive Aquatics Levels 1 & 2

8, 30 minute sessions TOH \$55/NR \$72

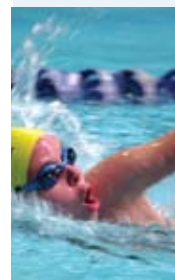
1028.501 F 4:30-5pm

Levels 3 & 4

8, 30 minute sessions TOH \$55/NR \$72

1028.502 F 5-5:30pm

No swim classes July 3-5



Diving 2 Ages 7 & up

Refines the skills learned in Diving 1. Students will learn forward optional dives (flips), inward dives and back dives. Students must have mastered the skills from Diving 1 and/or have a forward approach of at least 3 steps with a hurdle and a tuck dive. *Instructor permission is recommended*

8, 60 minute sessions TOH \$108/NR \$142
June 29-July 22
 1037.201 T/Th 7:30-8:30pm

Adults

Adult Beginners

Ages 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and breathing skills will be taught.

8, 45 minute sessions TOH \$80/NR \$106
June 28-August 23
 1041.101 M 7:15-8pm
June 26-August 21
 1041.602 Sa 11:15am-12pm

Adult Advanced Beginner

Ages 16 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

8, 45 minute sessions TOH \$80/ NR \$106
June 29-August 17
 1042.201 T 7:15-8pm
June 26-August 21
 1042.602 Sa 10:30-11:15am

Adult Intermediate

Ages 16 & up

This class is for students who have completed Adult Advanced Beginners or anyone who is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

8, 45 minute sessions TOH \$80/ NR \$106
June 30-August 18
 1043.301 W 7:15-8pm
June 26-August 21
 1043.602 Sa 12-12:45pm

Regular swimming will build your muscle strength, endurance, flexibility, and cardio-vascular fitness – lap lanes are open at the Herndon Community Center.

THE HERNDON HALIBUTS

SUMMER SWIM TEAM (HERNDON SWIM LEAGUE)

CALLING ALL SWIMMERS! If you have always wanted to be on a swim team, but haven't had a neighborhood team to swim for, here's your chance! Join the Herndon Community Center Swim Team and be a Fighting Halibut! As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season. Parents are expected to help out at four swim meets and two team activities. A \$35 Activity Fee per swimmer will be due by June 1, 2010 to cover the cost of t-shirts, caps, end of season awards and team activities.

All swimmers must be able to swim one length of the pool continuously without stopping.

Parents MUST attend an orientation session held on Wednesday, May 26, 2010 from 7:30 to 8:30pm to meet the HCC staff, receive the meet schedule, and information concerning ordering swim suits and team apparel.

Ages 5-8 TOH \$115/NR \$140

1029.101
June 1-25 M-F 5-5:45pm
June 28-July 23 M-F 7:30-8:15am

Ages 9-10 TOH \$115/NR \$140

1029.102
June 1-25 M-F 5:45-6:30pm
June 28-July 23 M-F 8:15-9am

Ages 11-18 TOH \$115/NR \$140

1029.103
June 1-25 M-F 4-5pm
June 28-July 23 M-F 9-10am



HERNDON COMMANDERS 2010-2011



The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming sanctioned swim team. The Commanders nine month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are expected to make a commitment for the entire season and to

participate in swim meets.

Head Coach Bruce Andersen, beginning his fourth year as head coach of the Commanders, has over 23 years of coaching and teaching experience. Our coaches are certified through American Swim Coaches Association and have over 40 years combined experience.

Stroke Evaluations

Stroke Evaluation for placement on the team will be on:

Tuesday, July 6, 4-6pm
 Tuesday, July 13, 4-6pm
 Tuesday, July 20, 4-6pm
 Tuesday, July 27, 4-6pm
 or by appointment.

Call for our detailed brochure on the Herndon Commanders at **(703)435-6800 x 2122**



No classes
 July 3-5



Water Workouts Ages 18 & up

Seniors: Please see Senior Citizen Discount information on the registration page.



Early Bird Aquatic Exercise

Start your day with this high-intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles arms and legs. *Participants must be comfortable in deep water*

23, 1 hour sessions **TOH \$143/NR \$189**
June 28-August 23
 1049.101 M/W/F 6:30-7:30am

Senior Water Aerobics

This class is an exercise class for active older adults. It promotes fitness, flexibility, and range of motion. No swimming experience is necessary to become involved. *Rubber-soled water shoes are strongly recommended*

16, 1 hour sessions **TOH \$101/NR \$133**
June 28-August 23
 1048.101 M/W 8:30-9:30am
8, 1 hour sessions **TOH \$53/NR \$69**
July 2-August 20
 1048.502 F 8:30-9:30am

Water Walking

Jump start your summer fitness with water walking. Water walking is a low impact, aerobic workout that tones muscles of the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. No swimming skills are necessary. *Rubber-soled water shoes are strongly recommended*

16, 1 hour sessions **TOH \$101/NR \$133**
June 28-August 23
 1046.101 M/W 7:30-8:30am

Intermediate Water Walking

A more intensive version of the water walking class. Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12-ft. area! *Rubber-soled shoes are strongly recommended*

8, 1 hour sessions **TOH \$53/NR \$69**
July 2-August 20
 1046.502 F 7:30-8:30am

Deep Water 1

A high-intensity, no-impact cardiovascular challenge. This workout gives an additional benefit of muscle toning and strengthening. No swimming skills are necessary but participants must be comfortable in deep water.

16, 1 hour sessions **TOH \$101/NR \$133**
June 28-August 23
 1045.101 M/W 6:30-7:30pm
June 29-August 19
 1045.203 T/Th 8:30-9:30am
8, 1 hour sessions **TOH \$53/NR \$69**
June 26-August 21
 1045.602 Sa 8-9am

Deep Water 2

This is the ultimate cardio challenge. This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically and participants should be able to tread water without any device and have taken Deep Water 1.

16, 1 hour sessions **TOH \$101/NR \$133**
June 28-August 23
 1050.104 M/W 7:30-8:30pm
June 29-August 19
 1050.205 T/Th 6:30-7:30pm
 1050.206 T/Th 7:30-8:30am

Senior Swim Time!

Seniors can visit the pool for a reduced rate of \$2.00 all day Tuesdays!



Planning a Special Event or a meeting?

The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people and has a warming/catering kitchen.

Call **703-787-7300** to arrange a tour of our facilities.



Need Assistance?

Two motorized scooters are available for your use. Please inquire at the front desk.

No classes
July 3-5

Passholders and those paying the daily admission fee are eligible to take any of our fitness and aerobics classes at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop in students. See page 3 for details on becoming a passholder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

Babysitting is available during Kid Care hours. See page 3.

Please consult your doctor prior to starting any exercise program.

Exercise, Health & Fitness

Ages 16 & up

Stroller Fit®



StrollerFit is the ultimate time and energy saver for busy Moms; you'll get a great workout with your children on board to watch and help you exercise. Class designed

for moms, dads or caregivers to exercise with their children aged 6 weeks to 4 years utilizing their stroller as a portable fitness machine, in addition to resistance tubes and bands, medicine balls, steel weights, aerobic steps and more.

16, 1 hour sessions **TOH \$88/NR \$117**
June 28-August 23
 1241.100 M/W 9:30-10:30am

Program is not included in the pass holder/daily admission package.

StrollerFit® Power

NEW

Whether you are adding this class to your current Strollerfit workout regimen or making this your only workout for the week, you will work hard and enjoy the benefits.

8, 1 hour sessions **TOH \$44/NR \$58**
July 2-August 20
 1241.101 F 9:15-10:15am

3 Days a Week of StrollerFit®

24, 1 hour sessions **TOH \$132/NR \$175**
June 28-August 23
 1241.102 M,W 9:30-10:30am
 F 9:15-10:15am

Program is not included in the pass holder/daily admission package.

Total Body Circuit

Blast fat and build muscle using free weights, balls, steps and bands. This circuit class will move quickly from one exercise to the next.

16, 1 hour sessions **TOH \$88/NR \$117**
June 28-August 23
 1241.103 M/W 9-10am

Total Body Conditioning

A total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total body strength workout to jump start your metabolism!

16, 1 hour sessions **TOH \$88/NR \$117**
June 28-August 23
 1241.104 M/W 6-7pm
 1241.105 M/W 7:10-8:10pm

16, 1 hour sessions **TOH \$88/NR \$117**
June 29-August 19
 1241.106 T/Th 7-8pm

AB Core

An exercise class designed to tone your abs and strengthen your lower back, while emphasizing proper technique. Using stability balls and free weights, you will work your muscles to the core. Modifications made for all fitness levels.

16, 45 minute sessions **TOH \$88/NR \$117**
June 29-August 19
 1241.107 T/Th 12:15-1pm

Strength and Sculpt

Get a highly efficient full body work out using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

16, 1 hour sessions **TOH \$88/NR \$117**
June 29-August 19
 1241.108 T/Th 11am-12pm

Kid Care available.
See page 3.

Zumba Fitness

A Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

8, 1 hour sessions **TOH \$44/NR \$58**
June 28-August 23
 1242.113 M 5:30-6:30pm
June 29-August 17
 1242.114 T 5:45-6:45pm
 1242.115 T 8:10-9:10pm
July 1-August 19
 1242.116 Th 5:30-6:30pm
 1242.117 Th 8:10-9:10pm

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast!

16, 1 hour sessions **TOH \$88/NR \$117**
June 28-August 23
 1242.111 M 7-8pm
 W 7:15-8:15pm

Kickboxing

Using kicks, punches and martial arts training techniques with actual targets, you will see gains in agility, strength, balance, coordination and cardio fitness. Basic self defense techniques in each class.

16, 1 hour sessions **TOH \$88/NR \$117**
June 29-August 19
 1242.112 T/Th 7-8pm

Cardio/Sculpt Interval (CSI)

A cardio and strength cross training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

16, 1 hour sessions **TOH \$88/NR \$117**
June 29-August 19
 1243.114 T/Th 9:30-10:30am

No classes
July 3-5

Step & Sculpt

Get the best of both worlds! Sixty minutes of calorie burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

16, 1 hour sessions TOH \$88/NR \$117
June 29-August 19
 1243.115 T/Th 5:50-6:50pm

20lb Challenge Follow-Up

8, 1 hour sessions TOH \$66/ NR \$88
June 28-August 23 (no class July 5)
 1274.902 M 7-8pm
 7-7:30pm w/nutritionist and
 7:30-8pm w/personal trainer



Kid Care available.
See page 3.

Early Bird Workouts

Designed so you can work out, shower, dress and still get to work on time. Includes locker room privileges.

Zumba Fitness

8, 1 hour sessions TOH \$44/NR \$58
June 30-August 18
 1244.114 W 7-8am
July 2-August 20
 1244.115 F 7-8am



Total Body Conditioning

8, 1 hour sessions TOH \$44/NR \$58
June 28-August 23
 1244.118 M 6-7am
June 30-August 18
 1244.116 W 6-7am

Step & Sculpt

16, 1 hour sessions TOH \$76/NR \$95
June 29-August 19
 1244.117 T/Th 6-7am

Weekend Warriors

Zumba Fitness

8, 1 hour sessions TOH \$42/NR \$53
June 26-August 21
 1245.120 Sa 11:30am-12:30pm

Cardio Blast

8, 1 hour sessions TOH \$44/NR \$58
June 26-August 21
 1245.122 Sa 9-10am

Step & Sculpt

8, 1 hour sessions TOH \$44/NR \$58
June 27-August 22
 1245.121 Su 11:15am-12:15pm



Boot Camp for Women & Men

**Dedication Determination
 Motivation and Fun!**

Beginner, Intermediate, and Advanced Levels
 Structured Nutrition Program Levels

Locations:

Check our updated listing on www.FIResults.com
 or call 1-877-62SHAPE (877-627-4273)
 for more information.

Guaranteed results!

Held outdoors at Herndon Community Center
 Sessions may be held indoors in the event
 of inclement weather

**No classes
 July 3-5**



SUMMER 2010 FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Total Body Conditioning	6-7am Step & Sculpt	6-7am Total Body Conditioning	6-7am Step & Sculpt		
			7-8am Zumba		7-8am Zumba	
	9-10am Total Body Circuit	9:30-10:30am Cardio/Sculpt Interval	9-10am Total Body Circuit	9:30-10:30am Cardio/Sculpt Interval		9-10am Cardio Blast
11:15am- 12:15pm Step & Sculpt		11am-12pm Strength & Sculpt		11am-12pm Strength & Sculpt		11:30am-12:30pm Zumba
		12:15-1pm AB Core		12:15-1pm AB Core		
	5:30-6:30pm Zumba	5:45-6:45pm Zumba		5:30-6:30pm Zumba		
	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt	6-7pm Total Body Conditioning	5:50-6:50pm Step & Sculpt		
	7:10-8:10pm Total Body Conditioning	7-8pm Total Body Conditioning Kickboxing	7:10-8:10pm Total Body Conditioning	7-8pm Total Body Conditioning Kickboxing		
	7-8pm Cardio Blast	8:10-9:10pm Zumba	7:15-8:15pm Cardio Blast	8:10-9:10pm Zumba		

**Drop-in
 classes
 pay general
 admission**

Fitness Room Services

Please note: Senior Discounts do not apply to Fitness Room programs.

Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Room staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment.

Please sign up at the Fitness Room Desk.

1, 30 minute session **No Fee** **NO ONLINE REG**
T 7pm

ExpressFIT Ages 12 & up

A personalized 30-minute total body workout designed by one of our trainers. The trainer will develop a workout specific to your fitness goals designed to strengthen every major muscle group in 30 minutes. ExpressFIT sets you up with a workout on file in the Fitness Room to do each time you are here.

1, 45 minute session **TOH \$50/NR \$50**
1274.200

1, 1 hour session with fitness assessment & evaluation **TOH \$75/NR \$75**
1274.201

OsteoFIT Ages 30 & up

Whether you have osteoporosis now or are hoping to avoid it, OsteoFIT is a program to help. Research demonstrates that exercise can prevent bone loss and, in some cases, can reverse bone loss! There are certain exercises that have been found to promote bone density more than others. OsteoFIT is a one-on-one session with a personal trainer to teach you a workout that promotes bone density and total body strength.

1, 1 hour session **TOH \$50/NR \$50**
1278.200

Nearly two-thirds of the American population is overweight or obese. Sign up for a personal training session and enjoy a customized exercise program.

Personal Training

Ages 14 & up

Whether you're looking for someone to cheer you on or to push you to the limit, we can help. Each package (6 or more sessions) includes a full fitness assessment and evaluation, a detailed, custom-designed exercise regimen, and a personal trainer to be with you every step of the way!

NO ONLINE REG

Personal Training Fees

Town of Herndon Resident/Non-Resident

One-on-One Personal Training

1, 30 minute session 1274.100	\$29/\$38	1, 45 minute session 1274.101	\$38/\$50
6, 30 minute sessions 1274.102	\$146/\$195	6, 45 minute sessions 1274.103	\$191/\$255
10, 30 minute sessions 1274.104	\$180/\$240	10, 45 minute sessions 1274.105	\$282/\$375

Personal Training PLUS Ages 16 & up

NEW

Sometimes we need a little more accountability to reach our goals. Personal Training PLUS is a supplemental program for any personal training regimen. You'll receive a food and nutrition log book. Each meeting will consist of going over your log book with your trainer while receiving nutrition and fitness tips to keep you on track. Add Personal Training PLUS to your Personal Training package in order to add 15 minutes onto any regular session.

NO ONLINE REG

6, 15 minute sessions **TOH \$34/NR \$45** **10, 15 minute sessions** **TOH \$56/NR \$75**
1274.600 1274.601

Group Personal Training Ages 14 & up

Often, the key to sticking to a workout routine is having a workout partner to keep you on track. If



you'd like to workout with a few friends here's your chance!

NO ONLINE REG

Group Personal Training Fees (per person)

Town of Herndon Resident/Non-Resident

2 People Training

1, 45 minute session 1274.800	\$24/\$32	8, 45 minute sessions 1274.803	\$171/\$228
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3-6 People Training

1, 45 minute session 1274.801	\$21/\$28	8, 45 minute sessions 1274.804	\$146/\$194
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7-10 People Training

1, 45 minute session 1274.802	\$18/\$23	8, 45 minute sessions 1274.805	\$120/\$160
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10 Pound Challenge Ages 18 & up

NEW

The first and last ten pounds are always the hardest so why not get a little help? With the expertise of a Nutritionist and a Certified Trainer we'll show you the way. By successfully losing 10 pounds in 8 weeks you'll earn two free personal training sessions! Our nutritionist will give you the tools you need for success at each Monday meeting. There will be a grocery store visit for the second nutrition meeting. Wednesday's fitness classes will be a variety of activities; some of which will teach you workouts you can do at home without equipment.

16, 1 hour sessions **TOH \$131/ NR \$175**
June 28-August 23 (no meeting July 5)
1274.900 M/W 6-7pm
1274.901 M/W 12-1pm

Team Training

Are you coaching a high school sports team or have a young athlete in the family? Do you want an extra edge over the competition? Try Team Training with one of our Certified Personal Trainers. We'll get your team moving faster, jumping higher and keeping injuries at bay. Call Liz Kamp at **703-435-6800 x2127** for more details about pricing and availability.



No classes
July 3-5

60% - 90% of fitness enthusiasts feel they get fewer colds than do their sedentary peers.

The following new classes will be held in our new Small Group Fitness Studio! The Studio offers a wide variety of training tools from sandbags to BOSUs. Each class will be limited to 12 people so you'll have individual attention from our Certified Personal Trainers. If you're not sure which program to try call the Fitness Specialist at **703-435-6800 x2127.**

Intervals for Weight Loss Gains NEW

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low impact interval training class.

16, 1 hour sessions **TOH \$102/NR \$136**
June 29-August 20
 1279.400 T/F 6:30-7:30pm

Tough Enough for Men NEW

Take your workout to the next level. We promise you'll be pushed to your limits with this high intensity strength workout. You'll be challenged by the strength training and we'll get your heart pumping with bursts of cardio and agility drills between exercises.

8, 1 hour sessions **TOH \$51/NR \$60**
June 30-August 18
 1278.900 W 8:30-9:30pm
July 2-August 20
 1278.901 F 5:30-6:30pm

Simply Stretch NEW

Stretching is the first thing that we let go when it comes to our workouts. Come and join one of our trainers for a total body stretch session. Learn how to elongate your muscles and help them repair after a workout.

16, 30 minute sessions **TOH \$51/NR \$60**
June 29-August 19
 1279.100 T/Th 10:30-11am
8, 30 minute sessions **TOH \$23/NR \$30**
June 26-August 21 (no class 7/3)
 1279.101 Sa 11:30am-12pm

Kid Care available.
See page 3.

703-787-7300

Fitness for Beginners NEW

Starting a workout routine can be intimidating. Come make some friends and get a great workout with a Certified Personal Trainer. Exercise modifications will be made to fit your individual fitness needs.

16, 1 hour sessions **TOH \$102/NR \$136**
June 28-August 23 (no meeting July 5)
 1279.200 M/W 6:30-7:30am
June 28-August 23 (no class July 5)
 1279.202 M/W 7:30-8:30pm
8, 1 hour sessions **TOH \$51/NR \$68**
June 29-August 17
 1279.201 T 9-10am

Prenatal Circuit Training NEW

Whether it's baby number one or number five there is no doubt that working out while you're pregnant has endless benefits! Join us for a fun, tough and safe strength training session. If you're unsure whether or not you should be strength training, please consult your doctor. The Certified Trainer will make exercise modifications based on your due date.

8, 1 hour sessions **TOH \$60/NR \$80**
June 28-August 23 (no meeting July 5)
 1278.300 M 12-1pm
June 30-August 18
 1278.301 W 5-6pm
June 26-August 21 (no class 7/3)
 1278.302 Sa 10:30-11:30am

Summer Fun Run NEW

Do you have trouble sticking to your running schedule during the summer? Come join us for a fun run every Monday night or Wednesday morning. We'll help keep you on track and will give you running pointers along the way. The runs will be 2.5 or 5 miles with 2 turn around options depending on how far you'd like to go.

8, 1 hour sessions **TOH \$27/NR \$36**
June 28-August 23 (no meeting July 5)
 1279.402 M & F 5:30-6:30pm
July 2-August 20
 1279.401 M & F 6:15-7:15am



Strength for Speed NEW

Are you a runner looking to increase your speed? All too often runners forget that you need strength to increase speed. No, muscles won't slow you down! This is a total body workout focusing on the exercises necessary to be a healthy and fast runner.

8, 1 hour sessions **TOH \$60/NR \$80**
June 29-August 17
 1279.300 T 12-1pm
July 1-August 19
 1279.301 Th 5:30-6:30pm

Morning Burn NEW

Tough strength training and cardio is key to a good wakeup workout session. Get energized in 45 minutes! Our trainers will keep you moving between stations of strength and cardio to get the most out of a tight schedule.

16, 45 minute sessions **TOH \$78/NR \$104**
June 29-August 19
 1278.800 T/Th 6:30-7:15am

Lunch Crunch NEW

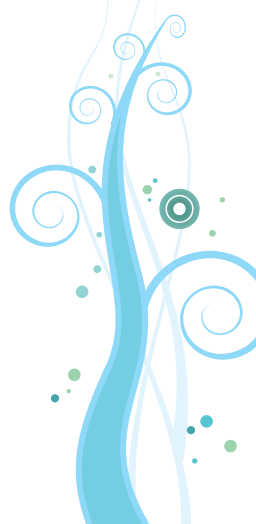
It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total body circuit designed for a small group by our trainers. This 50 minute workout will give you enough time to get in and out but will challenge you while you're here.

16, 50 minute sessions **TOH \$78/NR \$104**
June 30-August 20
 1278.501 W/F 12:05-12:55pm

Shape Up for Women NEW

Come shape up and get toned with our 60 minute workout just for women! Our female trainers know what it takes to tone a woman's body so expect results. We'll combine cardio and strength exercises to get a complete workout with abs and stretching at the end.

16, 1 hour sessions **TOH \$102/NR \$136**
June 29-August 19
 1278.600 T/Th 7:30-8:30pm
8, 1 hour sessions **TOH \$51/NR \$68**
July 2-August 20
 1278.601 F 6:30-7:30am
June 26-August 21 (no class 7/3)
 1278.602 S 7:30-8:30am



No classes
July 3-5

Small Group Training for Moms

NEW

Ages 16 & up

We know it's hard to find time for your workouts. Join us for a quick but tough workout just for moms. The workout will focus on strength with bursts of cardio to get your heart pumping. Have another little one with you? The babysitting room is open during this time. Take 45 minutes for yourself and get energized for the day.

8, 45 minute sessions TOH \$39/NR \$52

June 30-August 18

1278.700 W 9-9:45am

July 2-August 20

1278.701 F 9-9:45am

Senior Circuit Ages 45 & up

A great way to socialize and get a workout at the same time. A certified personal trainer will lead the group through a total body workout in the Fitness Room. All ages and abilities are welcome. Modifications will be made for individuals with any physical restrictions.

8, 45 minute sessions TOH \$35/NR \$47

June 28-August 23 (no class 7/5)

1278.100 M 9:30-10:15am

1278.101 M 6:30-7:15pm

July 1-August 19

1278.102 Th 9:30-10:15am

1278.103 Th 6:30-7:15pm

June 26-August 21 (no class 7/3)

1278.104 Sa 9:30-10:15am

Fit in a Flash for Women Ages 35-65

Has your body thrown you a curveball that only women can understand? Maybe your workouts aren't having the same effect as they used to? Fit in a Flash is a total body strength workout that will boost your metabolism and increase your body strength.

8, 50 minute sessions TOH \$51/NR \$68

June 29-August 17

1278.401 T 5:30-6:20pm

July 1-August 19

1278.402 Th 12:10-1pm

Currently, more than a third of children in grades 9-12 fail to exercise at least 20 minutes a day, three times a week – sign up your teen for athletic development for teens.

Youth Fitness

Youth Fitness

Orientation Ages 12-16

Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Once the youth is 16 years old, he/she does not have to carry a Youth Fitness Pass. Orientations teach proper use of the equipment, techniques, and safety in the Fitness Room. You only need to successfully attend one session in order to obtain a Youth Fitness Pass.

1, 30 minute session

June 29-August 17

1245.100 T 6-6:30pm

Introduction to Weight Lifting Ages 12-16

Designed for adolescents who are interested in weightlifting. Learn basic exercises specific to body parts, weight lifting breathing techniques, and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass with successful completion of this course.

8, 45 minute sessions TOH \$37/NR \$46

July 1-August 19

1244.100 Th 6:30-7:15pm

Intro to Strength and Conditioning Ages 12-16

This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level in any sport or competition. *Must have completed Introduction to Weight Lifting*

8, 45 minute sessions TOH \$53/NR \$70

July 1-August 19

1244.200 Th 6:30-7:15pm

Fitness Boot Camp for Teens Ages 15-18

Like playing sports or working out but want a tougher workout? This Boot Camp will push you and give you ideas for workouts on your own. Classes will be held in the Small Group Fitness Studio and may be held outdoors if weather permits. Be prepared for a tough total body workout with one of our Certified Personal Trainers.

8, 45 minute sessions TOH \$60/NR \$80

Girls Only

June 28-August 23 (no meeting 7/5)

1244.600 M 4:15-5pm

Boys Only

June 30-August 18

1244.601 W 4:15-5pm

Athletic Development Ages 14-18

NEW

Are you on a sports team or will you be trying out for a sports team? Come get the workout you need to increase your agility, speed and reaction time. This program will be limited to 8 athletes per session to ensure individual attention from our Certified Personal Trainers. Coaches focus on skills while we focus on the conditioning that helps you excel on the field, court or in the pool.

8, 1 hour sessions TOH \$80/NR \$107

June 28-August 23 (no meeting 7/5)

1244.400 M 5:30-6:30pm

June 30-August 18

1244.401 W 6:30-7:30pm

Girls on the Go Ages 12-18

Workouts just for teen girls! Get a total body workout with a Certified Trainer leading the group through a fun and challenging circuit. Come make new friends while being active.

16, 45 minute sessions TOH \$120/NR \$160

June 29-August 19

1244.300 T/Th 4:30-5:15pm

No classes
July 3-5

Fit Club for Kids Ages 8-11

If your child is not participating in sports but enjoys being active, our Fit Club for Kids is just for him or her. Activities will promote teamwork, healthy lifestyles, confidence and most importantly fun! All children that participate will receive a Fit Club for Kids t-shirt. Fit Club for Kids will be held outside unless it rains, then it will be held inside the Herndon Community Center.

8, 45 minute sessions TOH \$60/NR \$80

June 28-August 23 (no meeting 7/5)

1244.500 M 5:15-6pm

8, 45 minute sessions TOH \$60/NR \$80

June 30-August 18

1244.501 W 5:15-6pm



Wellness

Gentle Yoga (for Seniors Ages) Ages 55 & up

A functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself. Please bring water, small pillow, mat and blanket to each class.

8, 1 hour sessions	TOH \$64/NR \$85
June 28-August 23	
1257.204 M	10:10-11:10am
8, 1 hour sessions	TOH \$64/NR \$85
June 30-August 18	
1257.205 W	10:10-11:10am

Prenatal/Postpartum Yoga

A safe, daily practice of modified yoga for prenatal/postpartum (4-6 wks after delivery) students. This class carefully guides the student through mindful breathing, postures, and rejuvenating poses. Enjoy support and encouragement for physical & emotional changes during/after pregnancy. The key principles of relaxation, breath control and endurance will be reinforced. Students will use these valuable tools for delivery, caring for baby, and most importantly, maintaining her own strength & composure. Raymonde Bielak offers many years of gentle yoga practice (during pregnancy as well) and yoga instruction.

8, 1 hour sessions	TOH \$64/NR \$85
June 30-August 18	
1247.206 W	5-6pm

Kundalini Yoga Ages 16 & up

Suitable for beginners and all levels. This yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation and meditation to help relieve stress and tension, while also creating a healthy body. Wear comfortable clothing and bring a yoga mat at least 3/16" thick, and a lightweight blanket.

8, 1.5 hour sessions	TOH \$96/NR \$127
June 28-August 23	
1247.208 M	7:30-9pm
8, 1.5 hour sessions	TOH \$96/NR \$127
July 1-August 19	
1247.209 Th	7-8:30pm
8, 1 hour sessions	TOH \$64/NR \$85
July 2-August 20	
1247.207 F	10-11am

**Intermediate Hatha Yoga** Ages 16 & up

A combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength, increasing flexibility and endurance. Wear comfortable clothing and bring a yoga mat, at least 3/16" thick, and a lightweight blanket. *At least one previous session of yoga at HCC or previous yoga experience is required to register for Intermediate Yoga*

8, 1 hour sessions	TOH \$64/NR \$85
June 30-August 18	
1247.107 W	7-8pm

FeldenKrais (Awareness Through Movement Method)

Ages 16 & up

A method of movement re-education that teaches people to move with greater ease, less effort and making daily life easier. The instructor will guide you through a sequence of gentle movements so you learn to let go of limiting habits. This technique will help to ease chronic problems, minimize pain, enhance flexibility, balance and coordination. Class is suitable for young and old. Wear comfortable clothing, and bring a mat at least 3/16" thick and a lightweight blanket.

8, 1 hour sessions	TOH \$64/NR \$85
June 30-August 18	
1247.220 W	6-7pm

29% of American adults are sedentary, and 70% do not achieve the recommended 30 minutes of moderately intense physical activity at least five days per week—sign up for a class.

Pilates Ages 16 & up

Come and refresh your mind and body. An innovative system of mind and body exercises which dramatically transform the way your body looks, feels and performs. Build strength, gain long, lean muscles, develop flat abdominals and a strong back while improving your muscles elasticity and joint mobility. But most importantly, come and have fun.

8, 1 hour sessions	TOH \$64/NR \$85
June 26-August 21	
1247.122 Sa	10:15-11:15am
July 1 - August 19	
1247.123 Th	6-7pm

Martial Arts**Introduction to Mixed Martial Arts** 18 & Up

NEW

Come and try the newest craze in sports. Organized through Sterner's Martial Arts of Herndon and led by MMA Team Head Coach, Mr. Paul Sitcharing, learn the basics of striking, ground submission, and takedowns in this beginner designed program.

8, 1 hour sessions	TOH \$84/ NR \$112
June 28-August 23	
1268.300 M	8:10-9:10pm

Tae Kwon Do for Little Kids Ages 3-6

NEW

In this child friendly class, we teach children the basics of Tae Kwon Do, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. Each class will have new exercises to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision by Hall of Fame Inductee, Master Adam Sterner of Sterner's Tae Kwon Do Academy in Herndon. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

8, 1 hour sessions	TOH \$48/NR \$64
June 29-August 17	
1227.301 T	4:30-5pm



**No classes
July 3-5**

Kendo Advanced

Ages 13 & up

Geared towards Kendoka that have completed Kendo I and II, Kendo Advanced teaches techniques for use in shinsa and shia. Approval from instructor is required; full bogu required for advancing practicing.

8, 1.5 hour sessions TOH \$48/NR \$60

July 2-August 20

1268.305 F 8:15-9:45pm

Shotokan Karate

Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 1 hour sessions TOH \$48/NR \$64

July 2-August 20

1767.302 F 7:05-8:05pm

Instructor Profile

Shotokan Karate Instructor - Soolmaz Abooli



Soolmaz's skills and qualifications have taken her around the world to compete at both national and international levels, where she has

taken the gold medal numerous times in various events.

In 2009, she brought home three gold medals from the National Championship. In addition she took second place at the 5th Traditional Karate World Cup and is now the first American female athlete to attain such a placement. This achievement qualified her to compete in the 2009 Pan American Championship in Brazil as part of the USA team – Soolmaz placed second and third in her events.

Soolmaz's Shotokan Karate class is offered every season on Fridays at 7:05 – 8:05 pm at Herndon Community Center.

Gymnastics

Parent-Child Ages 2-3

Parent/child class is an enjoyable physical, mental, and social experience for your toddler up to three years old. This class is a playful parent/tot class centered on age appropriate movements using some tot-size gymnastics equipment, balls, ribbons, building blocks and much, much more. Participation will enhance your toddler's body awareness, make them more confident with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute sessions TOH \$48/NR \$64

June 26-August 21

1712.405 Sa 9-9:45am



Munchkateers

Munchkateers is a co-ed movement program combining fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength, and flexibility. All classes are structured, and children should be ready for group instruction.

Munchkateers I Ages 3-4

8, 45 minute sessions TOH \$48/NR \$64

June 26-August 21

1712.414 Sa 10-10:45am

Munchkateers II Ages 4-6

8, 45 minute sessions TOH \$48/NR \$64

June 26-August 21

1712.425 Sa 11-11:45am

**No classes
July 3-5**



School Age Gymnastics

The school age program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and form. Levels can be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class or if a child presents a safety concern in the class.

Young Beginner Ages 4-6

Young Beginner classes are designed as a transition program for the school age gymnasts. Participants should have attended at least one or more sessions of Munchkateers program or participated in a gymnastic program at another gym. No jewelry please and students should wear appropriate gymnastic attire (leotard or tight fitting clothing). No jeans or clothing with snaps, buckles or buttons.

8, 1 hour sessions TOH \$48/NR \$64

June 26-August 21

1722.451 Sa 12-1pm

Gymnastics for Girls Level I Ages 5-12

No experience necessary

8, 1 hour sessions TOH \$48/NR \$64

June 26-August 21

1722.450 Sa 12-1pm

Farmer's Market Fun Days

Funding for this event made possible by the Virginia Commission for the Arts and the Council for the Arts of Herndon.

FREE AND
OPEN TO THE
PUBLIC

Family Friendly Performers

Performances 10:30-11:15am on Thursdays on the Town Green at 777 Lynn Street, Herndon, VA

All events will be held at Herndon Municipal Center back lawn.

In the event of rain the event will be held at the Herndon Community Center gymnasium, 814 Ferndale Ave.

July 8

Mutts Gone Nuts

A mess of mischievous mutts present a comical blend of circus skills and incredible dog feats.



July 15

Professor Snape Hosts Show Us Your Magic Audience participation for budding magicians. Bring your best magic trick and perform it for our audience and Professor Snape and he'll show you some of his tricks as well!



July 22

Spinny Johnson – Spinny on the Ball

Join us with this rock star of a basketball performer for some fun!



July 29

Paul Hadfield

Variety act and all around very Funny Guy!



August 5

Nick Newlin – Nicolo the Jester

Variety Show with Nicolo the Jester!



August 12

Sing Along with Tim Beasley aka Neil Diamond

Join this multi-talented performer as he sings all your Neil Diamond Favorites.



4th of July

Herndon Annual Independence Day Celebration Sunday, July 4



Start planning now to meet friends and family at our old fashioned 4th of July Celebration. Sit back and relax as our DJ plays patriotic and summer tunes. The whole family can enjoy the carnival rides, great food, children's arts & crafts, bingo, games, and more!* At dark, watch a spectacular fireworks display synchronized to music! Admission is free, so come out and enjoy the Festivities!

*Carnival rides and food may be purchased at the event.

The rides open at 5:00pm, DJ, children's crafts, bingo and family games at 6:30pm, and fireworks start at 9:30pm, Sunday, July 4th.

Skip the hassle of driving. Brady Park is located off the W&OD Trail. Parking is restricted - enjoy a walk to the celebration. If you do drive, parking is available at Herndon Middle School and the Herndon Community Center.



No classes
July 3-5

Outdoor Tennis Classes

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories listed on page 25 before registering for classes.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear, only.

Youth Tennis Lessons

Outdoor Pee Wee Tennis

Ages 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions	TOH \$47/NR \$63
June 29-July 22	
1711.508 T/Th	4:30-5pm
July 27-August 19	
1711.509 T/Th	4:30-5pm

Youth Beginner

Ages 6-8 (1.0-1.5)

8, 45 minute sessions	TOH \$64/NR \$85
June 28-July 26	
1721.510 M/W	5-5:45pm
June 29-July 22	
1721.511 T/Th	5-5:45pm
June 26-August 21	
1721.512 Sa	9-9:45am
July 28-August 23	
1721.513 M/W	5-5:45pm
July 27-August 19	
1721.514 T/Th	5-5:45pm

Youth Beginner

Ages 9-15 (1.0-1.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 29-July 22	
1731.517 T/Th	6-7pm
June 26-August 21	
1731.518 Sa	10-11am
July 27-August 19	
1731.519 T/Th	6-7pm

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Advanced Beginner

Ages 9-15 (2.0-2.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 26-August 21	
1731.528 Sa	11am-12pm
June 28-July 26	
1731.520 M/W	6-7pm
June 29-July 22	
1731.521 T/Th	7-8pm
July 28-August 23	
1731.522 M/W	6-7pm
July 27-August 19	
1731.523 T/Th	7-8pm

Intermediate

Ages 9-15 (3.0-3.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1731.524 M/W	7-8pm
June 26-August 21	
1731.525 Sa	11am-12pm
July 28-August 23	
1731.526 M/W	7-8pm

Intermediate & Advanced Drills & Strategy

Ages 9-15 (3.5-4.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 26-August 21	
1731.527 Sa	12-1pm

Adult Tennis Lessons

16 & up

Adult Beginner

(1.0-1.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1741.528 M/W	6-7pm
June 26-August 21	
1741.529 Sa	8-9am
July 28-August 23	
1741.530 M/W	6-7pm

Advanced Beginner

(2.0-2.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1741.531 M/W	7-8pm
June 26-August 21	
1741.532 Sa	9-10am
July 28-August 23	
1741.533 M/W	7-8pm

Intermediate Drills & Strategy

(3.0-3.5)

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1741.534 M/W	8-9pm
June 26-August 21	
1741.535 Sa	10-11am
July 28-August 23	
1741.536 M/W	8-9pm

Doubles Play and Strategy

(all levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles players are welcome.

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1741.537 M/W	10-11am
July 28-August 23	
1741.538 M/W	10-11am

Fit & Over 50 Tennis

Ages 50 & up (All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions	TOH \$64/NR \$85
June 28-July 26	
1751.539 M/W	9-10am
July 28-August 23	
1751.540 M/W	9-10am



Inclement Weather Policy

Decision on Tennis classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions.

Reminder: Although it may not be raining at the time of your class, earlier rain may have left the courts unplayable. Please call **703-435-6866** for information. Classes will be made up at the end of the session at the regularly scheduled class time.

Scheduling changes as a result of inclement weather impacting athletic field use or outdoor programs or events will be announced on **703-435-6866**.

See
NRP Ratings
on page 25

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 BEGINNER Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 ADVANCED BEGINNER Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 INTERMEDIATE Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 ADVANCED Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.



Bike to Work Day

Friday, May 21, 5:30-10am

Join thousands of area commuters for a celebration of bicycling as a clean, fun and healthy way to get to work! You are invited to try bicycling to work. Help the Washington region become a better place to ride. Bike to Work Day is a FREE event and open to all area commuters.

Visit the Herndon Pit Stop located on the Town Hall green near the intersection of the W&OD Trail and Elden Street. Music, refreshments, prizes, and giveaways.

You must register at <http://www.waba.org/events/btwd/index.php> to be eligible for prizes.

Sponsored by A-1 Cycling and the Herndon Parks and Recreation Department in cooperation with Washington Area Bicyclist Association and Commuter Connections.

703-787-7300

Trips

Kings Dominion All Ages

Enjoy a day running around Kings Dominion amusement park and water park, with over 60 total rides, slides, live shows and attractions. The park features one of the largest roller coaster collections on the East-Coast, with 15 World-Class scream-machines, two children's areas, and WaterWorks, a 20-acre water playground. Participants under the age of 12 must be accompanied by paying adult. Trip includes transportation by 15 passenger van and park admission. Must register by July 17.

1, 12 hour session **TOH \$49/NR \$49**
July 31
 1869.601 Sa 8am-8pm

Hairspray at Toby's Dinner Theater All Ages

"Hairspray" delights audiences by sweeping them away to 1960's Baltimore where the 50's are out and change is in the air. Lovable plus-size heroine, Tracy Turnblad, has a passion for dancing and wins a spot on the local TV dance program, The Corny Collins Show. Overnight she finds herself transformed from outsider to teen celebrity. Can a larger-than-life adolescent manage to vanquish the program's reigning princess (without musing her hair of course!)? Trip includes transportation by 24 passenger bus, all-you-can-eat-buffet, coffee, tea, taxes, live Broadway musical and gratuity. Participants under the age of 12 must be accompanied by paying adult. Must register by July 9.

1, 9 hour session **TOH \$86/NR \$86**
July 28
 1859.301 W 8:30am-5:30pm



KID'S NIGHT OUT

Ages 5-11

An opportunity for parents to enjoy a night out while their children participate in gym games, arts and crafts, movies, and much more. Cheese pizza will be served at 7pm, and a movie shown at 8pm. This is not a drop-in program. You must pre-register to participate.

1, 3.5 hour session **TOH\$ 13/NR \$13**
July 16
 1629.501 F 6:30-10pm
August 13
 1629.502 F 6:30-10pm

10K & 5K RACES! Sunday, June 6 7:30am

The Herndon Festival 10K/5K Races will be held during Herndon Festival weekend! Both races will take you on a USATF certified course through historic downtown Herndon. Registration forms are available at the Herndon Community Center. Awards are presented to the top two finishers in all age groups ranging from 10 & under-70 & over. Refreshments for runners will be provided at the conclusion of the race. First 500 registrants will receive a t-shirt.

Please call **703-435-6800 x 2106** for application or for more information.

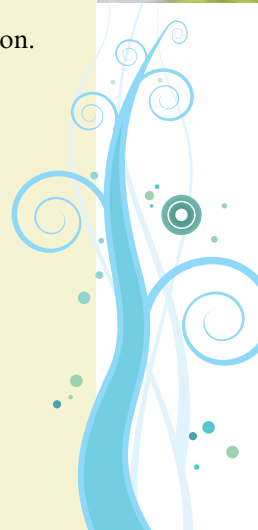
Online Registration Available at www.active.com.

Registration Fees

- Early Bird Registration: \$22 (postmarked by April 30, 2010)
- Regular Registration: \$27 (May 1-June 5, 2010)
- Race Day Registration: \$30 (June 6, 2010)
- Youth ages 15 & under: \$17 (flat fee)

Packet Pickup

Saturday, June 5, 11am-4pm
 Sunday, June 6, 6:15-7:15am



Herndon Labor Day Festival

Monday, September 6th, 2010 - 12-6pm

Herndon Town Green

Admission - \$5; Admission with Tasting - \$15

Featuring great music, fine arts and Virginia wineries

Produced by the Town of Herndon Parks & Recreation and the Herndon Woman's Club

Today there are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.

Enroll your child in a dance class.

Dance classes will be held July 3

Baby Ballerinas

Baby Ballerinas Ages 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions while capturing the children's attention with powerful force of imagination. Leotards, tights, and ballet slippers are required.

8, 45 minute sessions

June 26-August 14 TOH \$56/NR \$75
1421.015 Sa 9:30-10:15am

Ballet

Learn the basics of ballet along with beginning theory while providing a fun, enjoyable, and nurturing experience. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends.

Beginner Ages 3-5

No experience needed

8, 45 minute sessions

June 26-August 14 TOH \$56/NR \$75
1421.016 Sa 10:15-11am

Intermediate/ Advanced Ages 4-6

1 session/6 months experience

8, 45 minute sessions

June 26-August 14 TOH \$56/NR \$75
1421.017 Sa 11-11:45am

Ballet/Tap/Jazz

Will learn the basic rhythms of tap and jazz, and special stylized movements of ballet.

Ballet & Tap Ages 5-8

8, 1 hour sessions

June 29-August 17 TOH \$56/NR \$75
1421.018 T 4-5pm

Ballet & Jazz Beginner

Ages 6-10

8, 1 hour sessions

July 1-August 19 TOH \$56/NR \$75
1421.019 Th 5-6pm

TOH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits



Combination Dance

The goal of the class is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer's basic training in both athletic and fluid movement.

Beginner Ages 3-5

8, 1 hour sessions

July 6-August 24 TOH \$56/NR \$75
1421.020 T 3-4pm

Beginner Ages 4-6

8, 1 hour sessions

June 26-August 14 TOH \$56/NR \$75
1421.021 Sa 11:45am-12:45pm

Intermediate/ Advanced Ages 5-8

8, 1 hour sessions

June 26-August 14 TOH \$56/NR \$75
1421.022 Sa 1-2pm

Hip Hop Dance

Hip-Hop is noted for its lively, sometimes very bouncy style, and its highly energetic and expressive performance. The hip-hop jazz class will emphasize creativity, and energy, while incorporating basic jazz steps with the modern style.

Beginner Ages 4-6

8, 1 hour sessions

July 1-August 19 TOH \$56/NR \$75
1421.023 Th 4-5pm

Beginner/Intermediate Ages 7-12

8, 1 hour sessions

July 6-August 24 TOH \$56/NR \$75
1421.024 T 5-6pm

Beginner/Intermediate

Ages 7-12

8, 1 hour sessions

June 26-August 14 TOH \$56/NR \$75
1421.025 Sa 2-3pm

Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes, parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation office to speak with the Recreation Program Supervisor.

Adult Dance

Ballet Ages 16 & up

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweats pants), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined.

No previous experience

8, 1.5 hour sessions

July 6-August 24 TOH \$82/NR \$109
1421.030 T 6-7:30pm
July 1-August 19 TOH \$82/NR \$109
1421.301 Th 6-7:30pm

Salsa Ages 16 & up

Salsa, originating from South and Latin America, has become a very popular dance form in recent years. It is the festival style and mood of this dance that has kept it alive. A good opportunity to enter the world of social dancing!

8, 1 hour sessions

July 6-August 24 TOH \$56/NR \$75
1421.302 T 7:30-8:30pm





Belly Dance Ages 16 & up

A fun, low-impact, cardiovascular workout! It works particularly on the upper torso and hips, promoting abdominal strength, balance, flexibility, proper alignment, great body posture, and confidence. Different belly dance styles will be introduced accompanied by rhythmic music of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches to be used in veil work.

Beginner

No experience needed

8, 1 hour sessions

June 28-August 23 TOH \$56/NR \$75
1421.303 M 6-7pm

Intermediate/Advanced

12 weeks experience required

8, 1 hour sessions

June 28-August 23 TOH \$56/NR \$75
1421.034 M 7-8pm



Group Acoustic Guitar

No Classes July 5

Learn pop songs, folk songs, and your favorite songs off the radio! Focus will be on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical or acoustic guitars only.

YOUTH

Beginner Ages 7-12

No experience necessary

8, 55 minute sessions

June 21-August 16 TOH \$65/NR \$86
1421.035 M 4-4:55pm

Intermediate/Advanced Ages 7-12

8 weeks experience or instructor's approval

8, 55 minute sessions

June 21-August 16 TOH \$65/NR \$86
1421.036 M 5-5:55pm

ADULTS

Beginner Ages 13 & up

No experience necessary

8, 55 minute sessions

June 21-August 16 TOH \$65/NR \$86
1421.037 M 6-6:55pm

Intermediate/Advanced Ages 13 & up

8 weeks experience or instructor's approval

8, 55 minute sessions

June 21-August 16 TOH \$65/NR \$86
1421.038 M 7-7:55pm

Private Guitar Lessons

Ages 7 & up

Private instruction will proceed at the student's pace. Call **703-435-6800 x2120** to arrange. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

8, 40 minute sessions TOH \$140/NR \$187
1421.039



FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, performances, daily admissions, or passes to the Community Center) for those who meet federal financial qualifications for assistance.

Contact the Community Center Head Supervisor, **703-435-6800 x2107**, for information, or visit the Community Center for assistance.



Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

Featuring:

Party Room, Unlimited Swimming, Cakes (ice cream or standard), Drinks, Pizza (optional) Much more!

Please call

703-787-7300

for information on our specialty party packages!



When citizens get involved with their park and recreation systems, their quality of life improves – sign up for a class.

The Beauty of Pen and Ink NEW

Ages 16 & up
Learn how to use a simple pen and your bottle of ink and capture the illusion of objects and scenes around you. Experiment with different nibs and enjoy the excitement of working with pen and ink. See how you can convey the feeling of shape, texture, and light and shade in one color through very classic techniques to modern contour drawings. All mediums like felt and fiber tipped drawing pens, radiographs and brushes are welcome.

8, 1.5 hour sessions **TOH \$84/NR \$112**
June 30-August 18
1141.030 W 6:30-8pm

Advanced Techniques in Watercolor NEW

Ages 15 & up
Calling all watercolor lovers who want to create their own strong and impressive paintings! As part of this course we will do individual exercises with single objects as elements and parts of a painting such as trees in landscape or fruits and flowers in a still life painting. In the second part of the course, emphasis will be on “how to put together” these individual experiments in order to “build a painting.”

8, 1.5 hour sessions **TOH \$84/NR \$112**
June 30-August 18
1141.031 W 8:15-9:45pm

Exploration in Watercolor

Ages 16 & up
Subjects will vary from flowers, buildings, land and seascapes. Emphasis will be on painting glowing light, value studies and designing a good composition. We will continue working on new ideas for Exploring Watercolors by Elizabeth Groves. Weekly critiques and regular demonstrations of subjects. Held at Herndon Community Center.

6, 2 hour sessions **TOH \$160*/NR \$168***
June 29-August 3
1141.009 T 7:30-9:30pm

Drawing for Pleasure

Ages 12 & up
For beginning and continuing students. Increase your drawing skills, learning many of the little tricks which help with drawing accurately. We will do “right brain” exercises, review simple perspective and learn to look for values and underlying basic shapes. We will continue learning to draw faces, and a variety of new subjects. Held at Herndon Community Center.

8, 1.5 hour sessions **TOH \$120*/NR \$150***
June 29-August 17
1121.010 T 5:30-7pm

** No senior discounts given*



Drawing and Watercolor NEW

Ages 10-18
Especially designed for young people who would love to begin working with paints. They will have a supply list and will need to bring their supplies the first day, ready to begin painting. Techniques in using watercolor in a variety of ways will be covered. Held at Herndon Community Center.

8, 1.5 hour sessions **TOH \$120/NR \$150**
June 29-August 17
1121.011 T 4-5:30pm

***Lassie's Corbett's Summer Art Classes for Children held at ArtSpace, 750 Center Street, Herndon.**

Drawing* **Ages 5-6**

This class will encourage creativity as well as skill building. Students will learn to draw basic shapes, using simple animals and still life subjects. Simple shading and contour drawing will also be included. The second session will cover the same skills but new subjects so a child may attend one or two weeks.

5, 1 hour sessions **TOH \$63/NR \$84**
June 28-July 2
1121.018 M-F 10-11am

Drawing II* **Ages 5-6**

4, 1 hour sessions **TOH \$51/NR \$67**
July 6-9 (no class July 5)
1121.019 M-F 10-11am

Drawing* **Ages 7-8**

Students will learn to draw basic shapes, experiment with “right brain” drawing activities as well as learning simple perspective, shading and contour drawing. An important aspect of this class is learning to see. The second session will have different materials so a child may attend either or both classes.

5, 1 hour sessions **TOH \$63/NR \$84**
June 28-July 2
1121.020 M-F 11am-12pm

Drawing II* **Ages 7-8**

4, 1 hour sessions **TOH \$51/NR \$67**
July 6-9 (no class July 5)
1121.021 T-F 11am-12pm

Fun with Art **Ages 5-8**

Students are encouraged to experiment with a wide variety of materials, including paints, collage, simple printing and various drawing tools. Each day will be a new surprise. While some of the materials will be the same, the subjects are different. Returning students will continue to grow skills.

Ages 5-6

5, 1 hour sessions
July 12-16 **TOH \$63/NR \$84**
1121.012 M-F 10-11am

Session II

July 19-23 **TOH \$63/NR \$84**
1121.013 M-F 10-11am

Ages 7-8

5, 1 hour sessions
July 12-16 **TOH \$63/NR \$84**
1121.014 M-F 11am-12pm

Session II

5, 1 hour sessions
July 19-23 **TOH \$63/NR \$84**
1121.015 M-F 11am-12pm



Mixed Media* Ages 9-12

This class is similar to Fun with Art, but the subjects are age appropriate. Students are encouraged to experiment with a wide variety of materials, including paints, collage, simple printing and various drawing tools. Each day will be a new surprise. While some of the materials will be the same, the subjects are different so returning students will continue to grow in skills.

5, 1.5 hour sessions

July 12-16	TOH \$86/NR \$115
1121.016 M-F	1-2:30pm
July 19-23	TOH \$86/NR \$115
1121.017 M-F	1-2:30pm

Pen and Ink Drawing and Watercolor* Ages 8-12

Landscape, flowers and still life subjects will be drawn with pen and ink first and then finished with light washes of watercolor. Some experience with drawing is necessary.

5, 1.5 hour sessions

July 26-30	TOH \$86/NR \$115
1141.024 M-F	10-11:30am

Wire Crochet Necklace Ages 15 & up

A perfect class for students to learn crochet with no prior experience needed. Students will be introduced to wire crochet by using fine gauge wire and beads of choice to create a stunning necklace. All students will be able to design and finish a necklace during class. Purchase supplies from instructor for \$10-15.

1, 3 hour session	TOH \$30/NR \$30
July 15	
1141.013 Th	6:30-9:30pm
July 22	
1141.014 Th	6:30-9:30pm

Pearl Knotting Ages 15 & up

Students will make a necklace or bracelet with pearls or semi-precious beads of their choice. Technique will be the focus as students learn to knot with tweezers on a single strand of silk using a bead tip to attach the clasp. Purchase supplies from instructor for \$15.

1, 3 hour session	TOH \$30/NR \$30
July 29	
1141.015 Th	6:30-9:30pm



ABC's of Beading

Ages 15 & up

Calling all beginners or anyone who wants to learn the correct way to string and finish a beading project. Students will be introduced to a variety of supplies which can be used for beading. All students will be able to design and finish a necklace or bracelet during class. Purchase supplies from instructor for \$10-15.

1, 2.5 hour session	TOH \$25/NR \$25
August 12	
1141.016 Th	6:30-9pm
August 19	
1141.017 Th	6:30-9pm

Special Interest

Intro to Digital Photography Ages 16 & up

Thinking about buying a digital camera or had one for some time? Learn to get the most from your camera. Learn what all the dials, buttons, switches and menu items do for you. Also, how to optimize your photographs and archive them for storage and display, and in addition, how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions	TOH \$71/NR \$94
June 30-August 18	
1641.004 W	7-8:30pm

Cooking at College

Ages 18 & up

Practical cooking course for the college student on a budget. Learn hands on prepping and cooking techniques using items like leftover Chinese condiment packets and rotisserie chicken. Make six entrees in two hours, most under \$5. Please e-mail instructor, Leanne Guido (leanneskitchen@aol.com), with topics/foods you would like covered in class.

1, 2 hour session	TOH \$45/NR \$45
July 29	
1641.005 Th	10am-12pm



The Largest Herb in the World Ages 8-12

Explore culinary, fragrant, and medicinal herbs and discover the largest herb in the world. Color the different parts of an herb, learn new vocabulary, and complete a crossword puzzle. Instructor Donna Evans is a Master Herbalist.

1, 1 hour session	TOH \$8/NR \$8
June 26	
1364.001 Sa	10-11am

Healing Oils Ages 16 & up

There are at least 33 different essential oils or aromatic oil-producing plants. Come sample the aromas, discover what they are, and learn how they have been used in times past and present.

1, 2 hour session	TOH \$25/NR \$25
July 14	
1364.003 W	7-9pm

Urban Life Skills Part 1

Ages 12-15

Urban Life Skills is a teen-friendly class designed to provide a solid foundation of basic life skills. Your teen will learn such things as effective time management, personal organization, dining and social etiquette, written & oral communications, and managing personal finances in a fun & entertaining way. This course includes all the basic etiquette skills you want your teen to know! \$10 materials fee payable to the instructor at the first class.

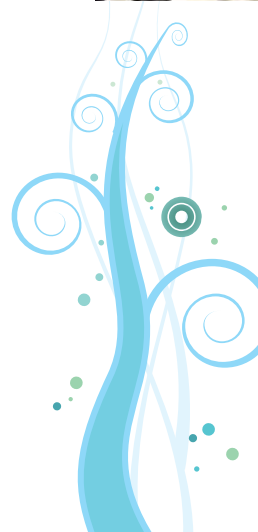
5, 1.5 hour sessions	TOH \$55/NR \$70
August 9-13	
1639.201 M-F	10-11:30am

Urban Life Skills Part 2

Ages 12-15

Part II will focus on job application & interview process, social networking do's & don'ts, handling peer pressure, dance etiquette and college prep plans. All of this is taught in a fun, entertaining & interactive way! \$10 materials fee payable to the instructor at the first class. ULS part I is NOT a pre-requisite to part II. Students may enroll in either or both classes.

5, 1.5 hour sessions	TOH \$55/NR \$70
August 9-13	
1639.202 M-F	11:30am-1pm





REFUNDS

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Full with service charge	Full
4 days before program starts until beginning of class	No*	Full with service charge
After program starts up to halfway point of class/program	No*	Pro-rated less service charge
After halfway point of program	No*	Lesser of 25% of original fee or pro-rated sessions remaining
*Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation of 20 or more miles	Pro-rated, no service fee	Pro-rated, no service charge
Refund of credit on account balance (patron must request in writing)	Yes with service charge	N/A

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee with a maximum of \$10 and applies to refunds but not credit on account.
3. All refunds are made by credit card or Town check depending on initial method of payment.
4. Pro-rated values are calculated based on the remaining classes at the time that the request is received by the Department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs including trips, events, swim team and preschool have a more stringent refund policy that is noted in the program information.
7. Admission passes are non-refundable, except due to medical circumstances or patron moves more than twenty or more miles away.

PARTICIPATION OPEN TO ALL

HCC programs, and facilities are open to all citizens regardless of race, color, national origin, sex, age, or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

WHAT DOES TOH and NR MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.
- Non Town of Herndon Residents (NR) are people living outside the Town of Herndon limits.

HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

An easy indicator is if your car personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300 or go to: www.herndon-va.gov, which leads to the Town's web page. Click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on May 11.

FORMS & FEES

Use one form for each household. Checks should be made payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for **TOH-residents at 10am on Wednesday, May 5. Open registration for Non-TOH-residents will begin at 10am on Tuesday, May 11.**

SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

ATTENTION SENIORS!

Senior adults age 64 and over by Dec. 31, 2009, receive a 50% discount on classes, except where noted.

CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Proof of residency may be required.

REGISTRATION OPTIONS:

Open Registration dates apply to ALL registration options - 10am on May 5 for TOH Residents, and 10am on May 11 for Non-TOH Residents. Registration options are listed in order for the best advantage. Options 4 and 5 are processed after option 3 on opening day.

1. ONLINE registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon is not available online. **Acceptance of our liability waiver will be required prior to registration.**



2. IN PERSON registration beginning 10am, May 5, for TOH residents, and 10am, May 11, for nonresidents. Walk in to the reception desk at the HCC any-time during regular business hours (see Community Center Hours – page 2).

3. MAIL a completed form and check, money order or credit card payment to:
**Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172**

4. FAX a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)**

5. DROP OFF a completed form with check, money order, or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon.





Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, May 5** at 10am at the HCC.
Registration for Non-Town of Herndon Residents begins on **Tuesday, May 11** at 10am at the HCC.

PHONE: 703-787-7300
FAX: 703-318-8652

Summer 2010 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL _____

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TH = people who live in the Town of Herndon limits
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee



MAIL TO:

Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be assessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

OFFICE USE – Processed by: _____

Payment Method C CK CC LC

AP# _____

Date Paid _____

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1 /99	M/F <input checked="" type="radio"/>	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____

EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**

P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov



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Since 2006**

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30th Annual Herndon Festival

Historic Downtown Herndon

June 3 – 6, 2010

**Fun for
All Ages**

Headline Entertainment

Thursday



Bill Kirchen



Who's Bad

Friday



Davy Knowles



Hotel California

Saturday



Marshall Crenshaw



Jukebox the Ghost



Gabe Dixon

Sunday



The Ultimate Tribute to
Sir Elton John & Billy Joel

- Three Stages of Entertainment
- Arts & Crafts Vendors
- Fireworks – Thurs. & Sat.
- Childrens' Hands-On Art Area
- 10K/5K Race & Fitness Expo
- K-9 2K & Doggie Expo
- Carnival
- Food Vendors
- Business Expo

Take advantage of our free shuttle bus service. Parking and stops at Worldgate Centre and Herndon High School.

Festival Hours

Thursday	6 – 10 pm
Friday	5 – 11 pm
Saturday	10 am – 11 pm
Sunday	11 am – 6 pm

Title Sponsor



Das Auto.

Platinum Sponsors



Silver Sponsors



America's Most Convenient Bank®



Gold Sponsor



Bronze Sponsors



Copper Sponsors

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Crossfit Reston
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Dominion

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Gutter Helmet Systems
Fairfax Screen Printing

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